

# Keeping Families Close

Winter 2024

Ronald McDonald House Charities® Newfoundland and Labrador



## Meet 7 year old Grayson Brake of Corner Brook, NL

**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.**

Seven-year-old Grayson Brake of Corner Brook lives life to the fullest while living with Down syndrome and autism. He is full of life, always smiling and has lots of energy. Sadly, some children with Down syndrome can also find themselves with additional health and medical issues. When that happens families can stay at Ronald McDonald House, just a few moments away from the medical care their child needs.

When Grayson was born, his parents, Kellie Brake and Brian Pilgrim, were told that he would need physiotherapy and many other specialists throughout his lifetime. But, unfortunately, the family doesn't live near the medical care he would need.

"When we first learned Grayson would need care and treatment far from home, it wasn't easy. We live 700km from our provinces' children's hospital. But when we found out that Ronald McDonald House could help us, we were so happy and relieved, because we wouldn't have been able to stay so close to the hospital. Ronald McDonald House was perfect for us." said Kellie Brake.

"Staying at Ronald McDonald House felt like a home-away-from-home. We had everything we needed while we supported our son. We were so pleased we could just walk to the hospital." Kellie added.

Children with Down syndrome benefit from getting early intervention services. Ongoing physical therapy, occupational therapy, and speech/feeding therapy will help encourage and boost development.

While Grayson's medical journey is far from over, the family have come to rely on the programs and services at Ronald McDonald House in St. John's, NL.



Read More



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## Our Impact

- RMHC NL has **15 family suites**
- Families have stayed with us **44,315 nights**
- Saving to families more than **\$9 Million**
- **1,900 families** stayed at RMHC NL
- We have more than **350 volunteers**
- **Unlimited smiles**
- Your donation of **\$274** 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](http://www.RMHCNL.ca)



Ronald McDonald  
House Charities®  
Newfoundland & Labrador



We need Red Shoe Crew Leaders/Volunteers in the following major communities – and of course other locations and committee volunteers are welcome too:

CHURCHILL FALLS  
DEER LAKE  
LEWISPORTE  
MARYSTOWN  
ST. ANTHONY

For more information contact  
[heatherbutler@rmhcnl.ca](mailto:heatherbutler@rmhcnl.ca) or  
call 738-0000 x 0.



Show your stripes + Make your steps  
count for families

### 13th Annual Red Shoe Crew-Walk for Families

We have started planning on the 13th Annual Red Shoe Crew-Walk for Families with events to take place in the month of September, ideally on the weekend of September 21/22, 2024 (we can also make other dates in September work as well). The Final Step event (announcement and grand prize draw) is scheduled for October 11, 2024.

### VOLUNTEERS NEEDED IN COMMUNITIES THROUGHOUT NL

Sign up your community by March 31, 2024

We are looking for enthusiastic individuals all throughout Newfoundland and Labrador who want to make a difference in the lives of sick children and their families in Newfoundland and Labrador.

## Board of Directors

Angie Brown  
Board Chair

Erin Higdon  
Director

Hilary Wicks  
Director (Legal)

Brian White  
Director

Gail Collins  
Director

Tony Dawe, P.Eng  
Director (Engineering)

Dr. Lisa Goodyear  
Director (Medical)

## Staff

Executive Director  
Annette Godsell  
Tel 709-738-0000  
[annettedgodsell@rmhcnl.ca](mailto:annettedgodsell@rmhcnl.ca)

Director Development & Communications  
Christina Morgan, CFRE  
Tel 709-733-5071  
[christinamorgan@rmhcnl.ca](mailto:christinamorgan@rmhcnl.ca)

Family & Volunteer Services,  
Manager  
Jennifer Fleming  
Tel 709-733-2242  
Fax 709-747-1270  
[jennifermfleming@rmhcnl.ca](mailto:jennifermfleming@rmhcnl.ca)

Senior Development Officer  
Heather Butler, CFRE  
[heatherbutler@rmhcnl.ca](mailto:heatherbutler@rmhcnl.ca)

Family Programs & Services  
Coordinator  
Emily Drover  
[emilydrover@rmhcnl.ca](mailto:emilydrover@rmhcnl.ca)

Development Officer  
Robyn Horwood  
[robynhorwood@rmhcnl.ca](mailto:robynhorwood@rmhcnl.ca)

Family Service Associates  
Shirley Kenny  
Fred Tucker  
Jen Pittman  
Jenna Hill  
Nancy King  
Emily Hoskins

Development & Finance Officer  
VACANT

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](http://RMHCL.ca) for more details and changes to ensure the health and safety of everyone.

Through the **Adopt-a-Room Program** 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](http://RMHCL.ca)

### Recent Adoption News!

Thank you **Reefer Repair Services/Kenworth of NL** for adopting the Playground Area in **FAMILYTIME PARK**

## 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!**



*"Our family love to do this in memory of Robert. Lots of fun, great bonding for us. More families should do it."*

**-Penton Family**





# 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](http://www.RMHCNL.ca) or contact us at [info@rmhcnl.ca](mailto:info@rmhcnl.ca) or toll free 1-855-955-HOME(4663) for more information.



**McHappy Day.**  
For the love of families.



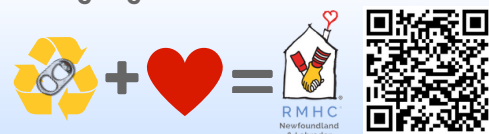
McHappy Day is on Wednesday May 8, 2024

On McHappy Day, a portion of the proceeds from every McDonald's menu item sold all day long goes to RMHC NL to raise much needed funds for our programs and the families we support across our community

Use Hashtag #McHappyDay on social media to show your support!

We look forward to seeing you at a local McDonald's restaurant at this year's event on May 8th, 2024 to help celebrate McHappy Day and Keeping Families Close!!

### Pulling Together for Families



On February 10, 2024 RMHC NL will celebrate **The House that Love Built** with a gala at The Delta Hotel. An amazing volunteer committee is already planning an incredible celebration, where all in attendance will experience the mission love and magic of RMHC NL.

### 86% SOLD!

- Doors open at 6:00pm – Dinner is 7:00pm
- VIP Sponsor Reception is 5:30pm – 6:30pm
- Sponsorship Opportunities Available ranging from \$5000 – \$20,000
- Tickets \$200/ticket – Tables of 10 \$2000 – space is limited - Tickets will go on sale in November 2023.



Proudly presented by



The 2024 SPARE Some LOVE Bowling event will take place on **Sunday March 24**. This exciting event promises to be fun for the whole family and your office that will comply with all public health restrictions that may be in place at that time. From advanced cleaning strategies, advance registration, online fundraising and most of all – no line ups!!

The Spare Some Love Bowling event takes place at Plaza Bowl, the largest 5-pin bowling center in NL. Plaza Bowl is located on Ropewalk Lane in St. John's. Prizes and awards follow the Spare Some Love Bowling Event offering an opportunity to celebrate the Strength in Families in healing a sick child and to thank all participants, volunteers and sponsors.



2024 RMHC NL Volunteer Gathering will be held on April 19/20, 2024 at the Capital Hotel in St. John's. **"Our Volunteers ROCK !!"**

On April 19-20th we want to celebrate the volunteerism and generosity throughout our province, which is why we invite volunteers, donors and the medical community to join us each year at the Annual International Award Winning Strength In Numbers Volunteer Training Conference in St. John's.

The "Helping HAND Awards" in honor of Dr. Jack Hand will be presented annually in the following categories:

- Family Services Volunteer
- House Programs
- Community Engagement Volunteer
- Leadership Volunteer
- RMHC Champion – McDonald's Crew
- Outstanding Philanthropist (Individual, Young Hero & Corporate)
- Outgoing Board Chairperson

### NOMINATIONS FOR 2024 NOW OPEN

Deadline to submit nominations March 31, 2024

Visit [www.RMHCNL.ca](http://www.RMHCNL.ca) or contact us at [info@rmhcnl.ca](mailto:info@rmhcnl.ca) or toll free 1-855-955-HOME(4663)



# Volunteer Spotlight

**Nawar Abedalhalem**

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

Nawar is a Family Service Volunteer who joined the team in 2022. She was born in Syria but has been to Canada for quite a few years and a university student in her first year of nursing school!

She loves volunteering and being able to work with different people especially in a setting where health and safety is so important and that is what drew her to the RMHC NL.

"I chose RMHC NL because it gives me the opportunity to help families living in the house in small ways that might make a big difference."

Nawar's favourite part about volunteering at RMHC NL is working with the wonderful volunteers to do things for the families like baking or keeping the house as clean and germ-free as possible.

Having a consistent shift is helpful for Nawar especially in her busy schedule. This allows her to time off from school and other responsibilities including community involvement which is a passion for Nawar.

One thing she has learned over the past year volunteering in the house is that "a person's small acts can really have a great positive impact on others. At the house, you never know just how much you've impacted someone!"

Nawar'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](http://www.RMHCNL.ca)



**Nawar Abedalhalem**



**In 2023, the Lights of Love Campaign raised over \$125,000. Our best year yet!**

The Lights of Love Campaign helps bring the magic of holidays to sick children and their families that simply cannot be a home right now.

Because of you, families have a community of support around them in their toughest times. Thank you for being there for sick children and their families that need your support.

On Sunday December 3, 2023 there was a Radiothon on OZFM (10-2pm) and a Telethon on NTV (2pm - 6pm).

In the evening we had our Lights of Tree Lighting Ceremony at Ronald McDonald House conjointly with the NTV Sunday Evening News.

The event was a major success as the community joined us for carols, candy canes, special guests, hot chocolate and the arrival of Santa Claus and Mrs. Clause!



**Fore**  
the families  
[Golf Classic]



**- SAVE THE DATE -**

On June 14th, 2024 RMHC NL will host the 12th annual FORE the Families Golf Classic. This is a fundraiser to keep families close at Ronald McDonald House Charities Newfoundland and Labrador. The event aims to support the programs and services offered to sick or injured children and their families so they can be close to each other and the medical care and resources they need, when the need it the most. Sponsors, volunteers and teams of FORE golfers of all skill levels join together for fun, networking, prizes and ultimately help families with a sick child.

Register a team to golf by contacting  
Ronald McDonald House – email us at  
[heatherbutler@rmhcnl.ca](mailto:heatherbutler@rmhcnl.ca) or call 738-0000 x 0.



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