



Keeping Families Close

Spring 2024

Ronald McDonald House Charities® Newfoundland and Labrador



Meet 14 year old Ayden Cooper of Little Catalina, NL

Watch Video



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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.

In the early months of 2023, Ayden Cooper of Little Catalina, discovered a large lump that was growing on his neck. He was treated with antibiotics and over the counter medication, but the lump continued to grow. The lump had grown to surround his collar bone and was growing into his throat. He was also developing a second lump on the opposite side of his neck. In the fall of 2023, he received a referral to see a specialist at the Janeway Children's Hospital, more than 300km away from their hometown. A CT scan showed several lumps on his neck which explained why it was becoming quite difficult for him to breathe. The family thought it would only be a day trip to St. John's, but Ayden was immediately admitted and spent the next eleven nights in the intensive care unit. On Ayden's 14th birthday he had a biopsy that later determined it was Hodgkin's Lymphoma.

"It was a very scary and unexpected for us. We thought that because of the long wait that it wasn't a big deal. But after the MRI and CT scans it was much worse than we thought. It was cancer. Cancer was the word we least expected." said Alora Fisher, Ayden's mom.

Ayden was immediately admitted to the hospital and hasn't returned home since. He has missed most of his grade nine school year with medical appointments, treatments, sickness and chemotherapy. Being three hours away from home, all of his regular routine was disrupted, which can be challenging for kids with autism.

"We had such a sense of relief after finding out about Ronald McDonald House. We were at the hospital for several days for something we thought was just a day appointment. Our stress and worries were drastically reduced knowing we had a place to stay to be close to Ayden while he was in the ICU. RMHC has been our home away from home. It's a place we can be a family and do our normal routines like family meals and movie nights." Alora continued.

The family were advised that Ayden would need at least five rounds of chemotherapy and there is the possibility of radiation afterwards. It would take months to complete this treatment. While Ayden's journey is far from over, with treatments expected to continue into 2024, the family have come to rely on the programs and services at Ronald McDonald House.

"We have received so much support from Ronald McDonald House both emotionally and financially. We don't have to worry about accommodations that are affordable and close to the hospital. It's a safe haven to come and rest and be together as a family! We have meet other parents who have been or are going through the same thing as our family. We feel so connected and supported." said Alora.

Our Impact

- RMHC NL has **15 family suites**
- Families have stayed with us **4,9284 nights**
- Saving 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



Ronald McDonald House Charities® Newfoundland & Labrador



Presented by
newfoundland labrador
hydro

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 or
call 738-0000 x 0.



#ShowYourStripes
& 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!

13th Annual Red Shoe Crew-Walk for Families

We have started planning 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.

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)

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emilydrover@rmhcnl.ca

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robynhorwood@rmhcnl.ca

Family Service Associates
Shirley Kenny
Fred Tucker
Jenna Hill
Katie Taylor
Emily Ann Hoskins

Development & Finance Officer
Owen Beers
owenbeers@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 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. RMHCNL.ca



"This is such a great way to spend an afternoon with friends and/or colleagues! Spending time together while supporting our community, I highly recommend this to any groups looking for a way to give back!"

- Laura Monk & friends



2024 will mark **50 years of RMHC**. We are celebrating the past, present and future of our Global Charity!



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.



Pull-Tab Collection Program

Pull tabs are an easy way to recycle and help our families at the same time. Anyone in your family, school, business, church, or service club can join in.

These small pieces of aluminum are a way for you to help us to provide a supportive home for families who have travelled to St. John's with a sick or injured child.

Learn more

<https://rmhcnl.ca/get-involved/recycling-and-pull-tab-program/>



McHappy Day is **Wednesday May 8, 2024.**

On McHappy Day, a portion of the proceeds from every McDonald's menu item sold all day 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!

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 Happy Meal	Drop your spare change in the coin boxes on the counter & drive-thru!
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Miss Achievement

NEWFOUNDLAND & LABRADOR LEADERSHIP PROGRAM

The 2024 Miss Achievement Newfoundland and Labrador Leadership weekend is May 3rd-5th, 2024.

Miss Achievement Newfoundland and Labrador Scholarship Program is the province's largest program for young women, which awards individuals for academics, promotion of healthy living, public speaking, community service, volunteer work, environmental awareness and performance-related talents.

Among the long list of scholarships provided to deserving contestants entering this program is the **Isabella Ashley Spirit of Giving Award**. This honourable award is presented to the participant who raises the most money for Ronald McDonald House Charities® Newfoundland and Labrador.

Participants who enter into the Miss Achievement Newfoundland and Labrador Scholarship Program are encouraged to begin their fundraising efforts upon acceptance. No matter who is awarded the Isabella Ashley Spirit of Giving award, each of the contestants are all winners for helping make a difference in lives of sick children and their families.

Learn More

<https://rmhcnl.ca/community-events/miss-achievement-scholarship-program/>



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 or contact us at info@rmhcnl.ca or toll free 1-855-955-HOME(4663)



Volunteer Spotlight

BJ Osmond, Pilley's Island

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

BJ Osmond has been supporting Ronald McDonald House Charities NL since 2014 as a dedicated Red Shoe Crew Walk for Families leader. BJ has participated in many other key events that support the house. **Since 2014 she has raised more than \$90,000 dollars.**

She is a strong advocate for our mission given her personal family connection as an RMHC NL family. **In 2020 she was awarded the Helping Hand Award for Community Engagement Volunteer.**



BJ Osmond

It has been meaningful for BJ to be a part of an organization that helps sick children when they are at a vulnerable time in their lives.

BJ'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



Family Sponsor



Strength Sponsor



Fore

the families
[Golf Classic]



On June 20th, 2024 RMHC NL will host the 12th annual FORE the Families Golf Classic at **Bally Haly**. 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 or call 738-0000 x 0.



Presenting Sponsor



On February 10, 2024 RMHC NL celebrated The House That Love Built 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.

Thanks to the sponsors, attendees, performers and volunteers, an amazing total of **\$98,750** was raised to help keep families with a sick or injured child close to each other and the care and resources they need, when they need it most.

Thank you for supporting The House that Love Built Gala!

Mark your calendars - for the 3rd annual House that Love Built Gala at the Delta Hotel on February 8th, 2025!



@RMHC_NL



@RMHNL



Ronald McDonald House Charities Newfoundland and Labrador



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