



Connor Butt (Age 13)
Stephenville, NL
200 nights

10
years
2012 – 2022



RMHC
Newfoundland
& Labrador

**RONALD MCDONALD
HOUSE CHARITIES®**
Newfoundland & Labrador

2022 ANNUAL REPORT



Ryder Renouf (Age 3)
Cape St. George, NL
253 nights

Keeping families close

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Vision Positively impact the health and lives of sick children, their families and their communities.

Mission Ronald McDonald House Charities® Newfoundland and Labrador provides sick children and their families with a comfortable home where they can stay together in an atmosphere of caring, compassion and support close to the medical care and resources they need.

Values Caring • Inclusion • Inspiration • Quality • Teamwork • Trust and Integrity

Family is medicine, and right now it's helping 12-year-old Connor Butt of Stephenville fight cancer at Ronald McDonald House

It is difficult to put into words how a parent feels when their child has been diagnosed with a serious illness. It has to be one of the most challenging experiences for a family. For families who do not live close to the medical care and resources they need, there is the added stress of distance. RMHC gives families with a sick child what they need most – each other.



In January 2021, Connor Butt, eleven at the time, was experiencing pain on the left side of his back and was treated for a kidney infection. In May, the pain returned this time with a fever. His parents, Nadine and Chris, were pretty concerned. It was the day following Mother's Day, that an ultrasound discovered a tumor, later diagnosed as

Wilms Tumor. Also known as **nephroblastoma**, Wilms Tumor can affect both kidneys, but usually develops in just one. Treatment usually involves **surgery and chemotherapy, and sometimes radiation therapy**. To get the medical care Connor needs, means relocating from their home, family and friends in Stephenville to St. John's nearly 800km away.

For the Butt Family, Nadine, Chris, Connor and his older sister Hope, this was going to be a challenging road ahead in a city far from home. This is something no family could prepare for. They worried about numerous things, even the simple things, like where they would stay. Shortly after the Butt Family arrived in St. John's, they were introduced to the programs and services of Ronald McDonald House.

"We initially heard of RMHC on TV and with the fire department where Chris works. They have volunteered as a group for McHappy Day in our hometown at McDonald's in Stephenville. We also heard about Ronald McDonald previously as we have friends that stayed there before. When we found out we could stay there it was such a relief." – Nadine Butt

One of the biggest advantages for families staying at Ronald McDonald House is being so close to the hospital. Nothing is as frightening for a parent or for a child as hospitalization. Ronald McDonald House is just steps away from our province's children's hospital which means that Nadine and Chris could take turns staying with Connor overnight while he was admitted in the hospital. Taking care of a sick child is one of the most draining and difficult tasks a parent can face. Beyond handling physical challenges and medical needs, parents also have to deal with their child's emotional

needs and the impact that a prolonged illness can have on the entire family. Luckily, this tough balancing act doesn't have to be done alone. Families find support with other families staying at Ronald McDonald House.



"When Connor's two-week visit became an eight week stay, Ronald McDonald House became a second home for our family, and its spaghetti-making, birthday cake-baking staff and volunteers

became our family who went above and beyond to make a this situation not just bearable, but even enjoyable."

Nadine added, *"You truly don't understand the value of RMHC until you stay there. Honestly, it's a place that you don't actually want to go to but it's the most comforting place that I can ever think of being during a situation like this. Interacting with other families in similar circumstances is very helpful. At the beginning of our stay I wasn't up to interacting with anyone and became closed off but once I opened up and spoke with another mom of a sick child it was so comforting. We became friends and could help support each other. As family is medicine, so are friends, especially ones who know what you're going through. Interacting with the other families, volunteers and staff is something we look forward to. We are very social people and seeing the same friendly faces on a daily basis became part of our healing and we take comfort in knowing that our RMHC Family is there for us."*

While Connor's journey is far from over, with treatments expected to continue into 2022, the Butt Family have found strength together at Ronald McDonald House and have come to rely on the vital programs and services offered.

Connor relapsed in the summer of 2022 and needed the support of Ronald McDonald House into the spring 2023 for a second round of treatments. In total the Butt Family have spent a total of 217 nights at Ronald McDonald House.

Thank you for supporting me and my family during my chemo treatments.

MESSAGE FROM BOARD CHAIR & EXECUTIVE DIRECTOR

In 2022, we had the privilege of providing family centered programs and services to **174 children** supported by **304 caregivers** who traveled to St. John's for medical reasons for their child.

We continue to be grateful for the tremendous support we have received from donors, individuals, businesses, service groups, our founding and forever partner McDonald's and our large dedicated volunteer network throughout our province. This broad base of support has enabled us to provide unwavering comfort and care to families and for that we say **thank you**.

Every day, the courage and strength of the children and families that stay at Ronald McDonald House remind us of the importance of our mission. Our province is quite large and our families travel long distances to receive the medical attention and resources they need for their children at the province's pediatric hospital.

2022 still had its challenges. We continued to smile behind our medical masks. We continued to sanitize our hands and our environments. We worked diligently throughout the pandemic to remain safely open every day to provide families with comfort, care, and a network of support at Ronald McDonald House. In the spring of 2022, we were so excited to welcomed back groups and many new volunteers to help deliver our programs. We are so grateful.

In a year that was still far from normal, we were able to provide familiar comforts from home and stability when it mattered most. Families made home-cooked meals in the kitchen and did laundry. Watched their children blow out the candles on their birthday cakes. They let their creativity shine while carving pumpkins and decorating gingerbread houses. Countless friendships were formed and strengthened. It wouldn't be possible without our strong network of support.

We express our heartfelt appreciation to all the Red Shoe Crew volunteers, supporters, event volunteers and community volunteers who have been working tirelessly to adapt to a changing fundraising environment to help raise funds for Ronald McDonald House. With additional challenges faced by everyone this year, their collective commitment to our mission does not go unnoticed. The success of the Red Shoe Crew-Walk for Families in September was outstanding! The campaign raised an outstanding \$226,737 and our signature events raised record amounts to support our programs and services. We deeply appreciate all the time and effort volunteers, sponsors and participants put in to helping ensure our mission is funded. We were all thrilled to see our volunteers again with the reinstatement of the annual

Strength in Numbers Volunteer Conference in April.

We are also very excited, and grateful to our friends at McDonald's. We are grateful to McDonald's leadership, customers and the owner-operators in Newfoundland and Labrador and across the country, for recognizing the need at RMHC, and for continuing to support our mission and families with such commitment. McHappy Day was a huge success that raised funds for RMHC even in our fluid and uncertain COVID-19 reality.

2022 also marked the 10th anniversary of RMHC in Newfoundland and Labrador. Based on feedback from our families and studies to support families, we announced the Family Time Park capital campaign to redesign our outdoor space.

Making the dream of quality outdoor space for sick or injured children and their families a reality depended on the generosity and kindness of others. The campaign goal was \$850,000 dollars in funding to cover the costs of the development and construction of the outdoor space, landscaping, and accessible play areas.

Though ambitious, with the support of the community we successfully broke ground in July 2022 and started construction. We later reached the full financial goal with many generous donors and look forward to officially opening the Family Time Park in the spring of next year.

Looking forward to 2023 one thing we do know for sure, is that families with a sick or injured child need our care and support. Every day we continue to receive requests from families needing our programs and services and we are determined to be there for the children and families of Newfoundland and Labrador.

As an organization we remain focused on providing a safe environment to keep families close to each other and the medical care and resources they need. With your ongoing support, will we continue to play a major role in the lives of sick children and their families.

This 2022 Annual Report is our opportunity to express our gratitude for your generosity. It is a chance for you to read about your impact on hundreds of children and families. **We are making a difference in the lives of sick children.** We are creating a community of support that extends across Newfoundland and Labrador, with 8 family-centered programs, over 300 volunteers and 15 RMHC staff. We hold high the trust you have in us as we stand together in service to the families of sick or injured children. Compassion is at the heart of RMHC and we thank you for embracing our mission. Your generosity means that more families have more time to focus on what matters most: their children.



Theresa M. Rahal

THERESA RAHAL
Chair, Board of Directors
Ronald McDonald House Charities
Newfoundland and Labrador



Annette Godsell

ANNETTE GODSELL
Executive Director
Ronald McDonald House Charities
Newfoundland and Labrador

Board of Directors



Theresa Rahal
Board Chair
 Principal Consultant and owner, Strategic Directions Inc.



Angie Brown
Director, Treasurer and Chair of Finance Committee
 Senior Manager, Advisory Services, Grant Thornton



Blair Rogers, K.C.
Director and Chair of Governance Committee
 Partner, Roebbothan McKay Marshall



Heather Peters
Director
 Senior Consultant with Knightsbridge Robertson Surette



Paul Rogers
Director
 McDonald's Owner/Operator



Dr. Lynette Bowes
Director, Chair of Programs and Policies Committee
 Pediatric Oncologist, Janeway Children's Hospital



Erin Higdon
Director
 Vice President of Business Strategy at Atlantic Grocery Distributors



Gary Follett
Director
 Director NL Operations at Acuren Group Inc.

Staff Leadership



Annette Godsell
Executive Director



Christina Morgan, CFRE
Director, Development & Communications



Jennifer Fleming
Family & Volunteer Services Manager

Board Committees

Governance Committee

- Blair Rogers (Chair)
- Theresa Rahal
- Angie Brown
- Annette Godsell

Human Resources Committee

- Theresa Rahal (Chair)
- Heather Peters
- Annette Godsell

Finance Committee

- Angie Brown (Chair)
- Erin Higdon
- Gerry Beresford
- Annette Browne
- Annette Godsell
- Christina Morgan

Facilities Committee

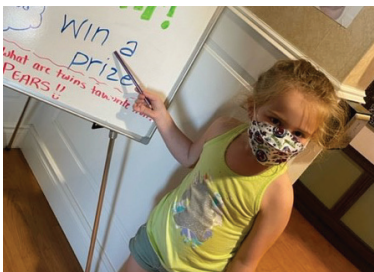
- Gary Follett (Chair)
- John Poole
- Tony Dawe
- Ron Fougere
- Jesse McCaw
- Annette Godsell
- Jennifer Fleming

Development & Communications Committee

- Paul Rogers
- Heather Peters
- Annette Godsell
- Christina Morgan

Programs & Policy Committee

- Dr. Lynette Bowes (Chair)
- Theresa Rahal
- Annette Godsell
- Jennifer Fleming



FAMILY SUPPORT PROGRAMS

HOME FOR DINNER PROGRAM – With the help of individuals, corporate and community groups, we offer families the ability to return from a long stressful day at the hospital to a home-cooked meal 4-5 times each week. Groups plan the menu and prepare the meal in our fully equipped kitchen.

JUST LIKE NAN'S BAKED GOODS PROGRAM – Nothing feels like home more than the smell of fresh baked goods. Individuals, corporate and community groups bake on-site to ensure Ronald McDonald House is always stocked with special treats or Breakfast-to-Go items fresh from the oven, just like at Nan's house.

WARM WELCOME PROGRAM – Our Families Services team provide a warm welcome for all the families that come through our doors. During the check in process families are provided with RMHC information, a guided tour and ongoing support during their entire stay. As part of the Warm Welcome process, our families will receive a Warm Welcome Bag. Each branded welcome bag, compliments of our friends with Thirty-One Gifts, holds toiletries, information regarding the surrounding neighborhood, a personal medical journal, a home-made quilt and an age-appropriate surprise for each child. Providing a warm welcome goes a long way in helping a family feel at home, so they can focus on what matters most, healing their sick or injured child.

KEEPING FAMILIES CONNECTED PROGRAM – Being away from loved ones for an extended period of time can be very difficult and create added stress. To help keep families connected to home while staying at Ronald McDonald House, families will have access to a Home Office, wireless Internet, computers/tablets, email, and long distance calling & community newspapers. Families can also access special flights through a partnerships RMHC NL has with **WestJet Cares Program** and **PAL Airlines**.

MAGIC ROOM – The Magic Room is a very special place the children staying at Ronald McDonald House get to visit at least once during every stay, primarily at check out. The Magic Room also provides a special surprise for when they have a successful surgery, are celebrating a special event or even if they had a rough day. The kids get to enter the Magic Room and leave with a brand new gift and a very **big smile!**

SPECIAL DAY CELEBRATIONS PROGRAM – Just like home, preparations are made to ensure, birthdays are celebrated, everyone gets treats at Hallowe'en and visitors like Santa Claus and the Easter Bunny arrive on schedule. There are many celebrations scheduled throughout the year.

HOUSE PANTRY PROGRAM – Not every family arrives at Ronald McDonald House for a scheduled medical appointment or treatment, often it can be because of medical emergency. Helping families adjust to life in another city, far from home with a sick child, the House Pantry Program provides a variety of staple items, including milk, eggs, butter, bread, etc along with non-perishable food items such as canned foods, baking supplies, cereals, and pastas as well as a variety of toiletries items, laundry and cleaning supplies. Together, with the help of generous donors families have access to a fully stocked House Pantry, House refrigerator and House freezer which are available to families while staying at Ronald McDonald House.

RECREATION PROGRAM – Ronald McDonald House has its own resource center fully stocked with books, craft supplies and games. It also has children's play areas, including the Family Time Theatre to enjoy video game play and movies. Ronald McDonald House will open its own outdoor playground called **Family Time Park** for children and families to play and enjoy quality family time in the spring of 2023. Ronald McDonald House is also conveniently located next to The Grand Concourse; an integrated walkway system, Our families also benefit from time to time with donations to Ronald McDonald House of tickets or passes to local sporting events, fitness centers, movies, special events or concerts.



RMHC
Newfoundland
& Labrador

LONGEST STAY (CONSECUTIVE) 253 NIGHTS



2022
Annual Impact
Keeping families close

AVERAGE LENGTH OF STAY:
13 NIGHTS



15 FAMILY SUITES



3,573 NIGHTS OF COMFORT PROVIDED TO **174** SICK CHILDREN AND THEIR FAMILIES
60 families were put on a waitlist, with 47 turned away for lack of accommodation.



\$732,465

SAVINGS TO FAMILIES IN ACCOMMODATION & OTHER COSTS
Such as parking, meals, access to kitchen, pantry and laundry facilities

*based on the results of an Economic Impact Study completed by RBC



Families can contribute **\$15** per night, however, no family is ever turned away if they are unable to pay. It costs RMHC NL **\$205** to host a family each night.

VOLUNTEERS



62 Family Service Volunteers spent **2819 hours** assisting with enhanced sanitization protocols, laundry, cleaning and other tasks.

122 community volunteers across our province help raise funds and awareness.

9 skilled community leaders sit on the Board of Directors

WHERE OUR FAMILIES TRAVELLED FROM

*includes repeat families



Eastern	49
Central	45
Western	33
Labrador-Grenfell	33
Out of Province	3
Out of Country	11

IMPACT RESEARCH

*based on the results of a Global Study 2015

- HIGHER QUALITY SLEEP
- REDUCED STRESS
- REDUCED FINANCIAL BURDEN
- STRENGTHENED COPING ABILITIES
- HELP FAMILIES RESUME NORMALCY



TOP 5 MEDICAL REASONS WHY FAMILIES NEEDED RMHC

INTENSIVE CARE UNITS (NICU/PICU) (NEONATAL/PEDIATRIC)

NEUROLOGY

ONCOLOGY

GASTROENTEROLOGY

MENTAL HEALTH



RMHC NL remained open for the entirety of 2022. In 2022 outside visitation was resumed and volunteers and staff helped ensure the continuation of programs.

HOUSE PROGRAMS

*based on a best guess estimate on current house statistics

452 Visits to the Magic Room



122 Just Like Nan's Bake Goods



174 Welcome Home Bags



227 Home for Dinner



7945 Meals prepared

35 Special Celebrations/Other events



Ronald McDonald House Charities® Newfoundland and Labrador is a community house. We rely on the support from individuals, businesses, service groups, foundations, corporate sponsors, and annual fundraising activities to ensure the programs and services are available to families each year.

FAMILY TIME PARK

Family time is always quality time.



On July 13, 2022 Ronald McDonald House Charities® Newfoundland and Labrador announced, along with many volunteers, donors and families, it has broken ground for the reconstruction and development of its outdoor space. This new space will give sick or injured children a safe and accessible space to play and enjoy much needed outdoor family time.

"September 2022 will mark the 10th anniversary of RMHC in Newfoundland and Labrador. In that time a lot has been accomplished, but there is still more work to be done. It's now the perfect time! Time for more mission, more family support and more quality family time. It's time for Family Time Park" said RMHC NL Board Chair Theresa Rahal. "Providing a fun, accessible and secure space for our families to interact in a park setting, will help us enhance the experience for all sick or injured children and their families that need the Ronald McDonald House."

"While \$850,000 is an ambitious goal, it becomes attainable when you consider the generosity and confidence shown by our early donors," said Gerry Beresford, volunteer with the Campaign Working Group. "We are thrilled to break ground on the Family Time Park today. This safe, accessible and fun outdoor space will be sure to have a positive impact for families at Ronald McDonald House."

The project will see the development of an accessible and fenced outdoor area surrounding the Ronald McDonald House with improvements such as fencing, entrance gate, bbq/patio area, and most importantly a children's playground with rubber play surface, two bay accessible swing set, and nature-based play features.

"The plan is to upgrade the land in front of the building between the front and woods area that is beyond it. There is a new pavilion going to be there, a great place

where families will be able to have barbeques or picnics. There will be a court there to shoot basketballs and score hockey goals. Everything we do with this park will have accessibility and safety at the forefront. The project has been awarded to Modern Paving and is expected to be completed in Spring 2023." said John Poole, volunteer on the RMHC NL Facilities Committee.

Ashley Renouf of Cape St. George has stayed at Ronald McDonald House when her son Ryder is fighting leukemia. "My kids love being outside. Prior to Ryders diagnosis we were a very active outdoors family. So being able to have a space for the kids to burn their energy will be amazing. They have also made some friends and even had a soccer game or two with some other families! It gives the kids time to unwind and just be kids, to let them forget about everything else going on. The Family Time Park will be a great distraction for everyone. Children love to play, even with health limitations. Being able to accommodate those limitations still gives children and families that sense of normalcy while still letting them explore and just be a kid! It brings families together during stressful times. Even on Ryders worst days, he enjoys going outside to the RMHC playground for some fun!"

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.





Devon Ereaut (Age 17)
Bonavista, NL
191 nights

**PULLING
TOGETHER
FOR FAMILIES**





THE DEDICATED VOLUNTEERS

Staying at Ronald McDonald House means seeing a volunteer's familiar smile to welcome them. Our valued volunteers are essential to the continuing operation of Ronald McDonald House. We cannot do it without them. Volunteers work behind the scenes in many different capacities within the House and within the community to fully support the families during this critical time in their lives.

VOLUNTEERS

BOARD/COMMITTEES	13
REGIONAL DEVELOPMENT COORDINATORS	3
COMMUNITY VOLUNTEERS	122
FAMILY SERVICES VOLUNTEERS	62
TOTAL	200



HELPING HAND AWARDS

IN HONOUR OF FOUNDING BOARD MEMBER DR. JACK HAND.

To honour Jack's contribution and his unwavering support, Ronald McDonald House Charities Newfoundland and Labrador implemented the Helping "HAND" Awards in 2013 to honour those that reflect the passion, dedication and commitment that Jack had for Ronald McDonald House and its mission of keeping families close to each other and the medical care and resources they need, when they need it the most.



FAMILY SERVICES VOLUNTEER AWARD

Marg Pumphrey and Peg Lannon



HOUSE PROGRAMS - INDIVIDUAL

Mary Cahill



HOUSE PROGRAMS - COMPANY/GROUP

Smith Snacks



OUTSTANDING PHILANTHROPIST - YOUNG HERO

Tori Corcoran-Foley



LEADERSHIP VOLUNTEER AWARD

Ken Murphy



RMHC CHAMPION MCDONALD'S CREW

Lisa Martin



OUTSTANDING PHILANTHROPIST - CORPORATE

Ches's Fish and Chips



OUTSTANDING PHILANTHROPIST - INDIVIDUAL

Delores Foster



COMMUNITY ENGAGEMENT VOLUNTEER AWARD

2021 Kilometers for Kids Team:
Kim Hartery, Shawn Arnold,
Michelle Turpin, April Farrell,
Gerri-Lynn Stevens, Tina Ralph,
Lori Butt, Danny Stevens, Corey
Waterman, Kayla Edwards, Andy
Kelloway and Mike Turpin.

ADOPT-A-ROOM PROGRAM



THE ADOPT-A-ROOM PROGRAM is an opportunity for individuals to help families who are going through the most traumatic event in their lives – an illness or injury of their child – by adopting a room in the House.

The Adopt-a-Room Program ensures that the rooms at Ronald McDonald House are beautifully kept, operated and maintained for families who need a comfortable place to stay in St. John's while seeking medical attention for their child. Adoption of a room for one or three years helps cover the costs associated with maintenance and upkeep of the room, ensuring it is always available for the families that stay with us each night. This program supports hundreds of families each year, making sure rooms will always have necessities like comfort, clean linens and repairs. Rooms require updating at times and this support helps make that happen.

Recognition of support is placed on the bedroom door of one of the common areas in Ronald McDonald House as well as in printed pieces and media channels.

13/37 Rooms Adopted

- Capital Subaru - Magic Room
- Egg Farmers of NL - Family Suite
- Kinsmen Co-op 50/50 Lewisporte - Family Suite
- McDonald's Paradise, Gander and Corner Brook
- Miss Achievement - Volunteer Room
- NL Hydro - Family Suite
- PAL Airlines - Family Suite
- RNC Association - Family Suite
- Signature Salon - in honor of Mark Jackman
- Trades NL - Family Suite
- Trades NL - Library
- Notre Dame Castle Building Supplies - in honour of Cluny Sheppard
- Iron Ore Company of Canada

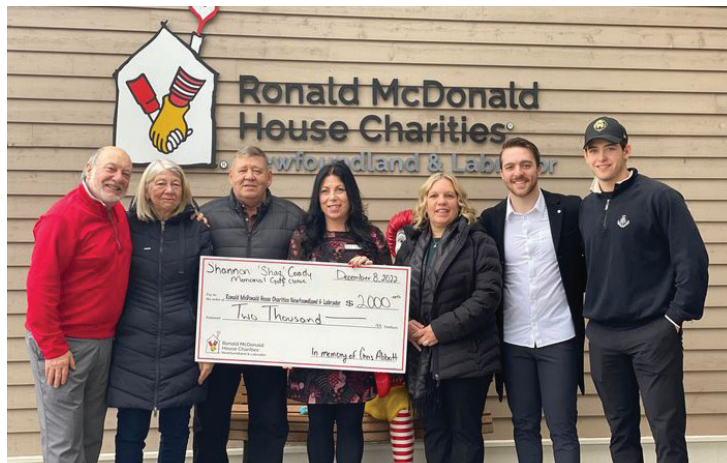
2022 Adoptions:

- United Steel Workers Union Local 9508



COMMUNITY EVENTS

- Cargill FORE the Houses Golf Tournament
- DFO – Employee Giving Fundraiser
- McDonald's - Fries for Good Campaign
- McHappy Day
- Be Kind Project
- Heroes for Heroes - RNC Tactics and Rescue Unit
- Spoon Full of Sugar- Get Messy
- History of Logy Bay Middle Cove and Outer Cove Video
- Kaynes Turftastic FUNdraiser
- Deans Greenhouse Birdhouse fundraiser
- Stillwater RV Park
- Da Bright B'ys
- Haunted Hike
- Bay Wheels car show
- Shannon "Shaq" Coady Memorial Golf Tournament
- EuroUnion VOGN
- Team RMHC
- VOCM Radiothon
- Miss Achievement



Pull Tab Program 2022

We recycled
11,436,600 pull tabs
 That's **8169 lbs.** of pull tabs!!

Thanks to everyone that collected these little gems and thanks to our recycling partner, Dominion Recycling (who matched all monies raised from Pull Tabs), the Pull Tab program for 2022 resulted in over **\$8169**. The Pull Tab Program kept a family close for **3 ½** weeks at RMHC NL.



McDONALD'S: OUR FOUNDING AND FOREVER PARTNER



AS OUR FOUNDING AND FOREVER PARTNER, McDonald's has always had a committed and caring vision of the role Ronald McDonald Houses could play in helping sick children and their families.

McDonald's unwavering commitment to families is evidenced through their support of Ronald McDonald House each and every day. Together with their generous Franchisees, employees, suppliers, and customers, McDonald's supports our families from the sale of Happy Meals® and RMHC Cookies, customer donations in the coin boxes & rounding up or donating \$1 through the Kiosks and each year on McHappy Day®.

Thank you McDonald's for your founding and forever support for Ronald McDonald House Charities® Newfoundland and Labrador and the families we keep close.

Special thanks is extended to the McDonald's Owners/Operators: Trevor Morris, Penny & Rob McDonald, Paul & Paula Rogers, and Patrick Rioux.



Financial Support from McDonald's

Operating Grant \$165,250

.....

Coin Boxes \$29,917.81

RMHC NL **\$23172.33**
RMHC Canada **\$6745.47**

.....

Cashless Giving (Kiosk) \$39,500

RMHC NL **\$29,625**
RMHC Canada **\$9,875**

.....

RMHC Cookies \$6240.71

.....



McHappy Day

Thank you McDonald's owner/operators, crew and customers for raising **\$86,427**

.....

Sponsorship \$14,000

.....

Total \$341,335.50

MISS ACHIEVEMENT

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 award is presented to the participant who raises the most money for Ronald McDonald House Charities Newfoundland and Labrador.

During the crowning, held at Holy Heart Theater on Sunday November 13th 2022, a presentation was made to Ronald McDonald House Representatives on behalf of the incredible participants who collectively raised an outstanding **\$29,180.85!!!**

Congratulations to Olivia Taylor the 2022-2023 Miss Achievement



- Taeja Kloose • Rencontre East
- Richelle Squires • St. John's
- Alyssa Barry • Dunville
- Kailey Murrin • Mount pearl
- Georgia Hollett • St. John's
- Taylor Reid • Chapel Arm
- Madeline Salter • St. John's
- Olivia Taylor - Petty Harbour • Maddox Cove**
- Camryn Collett • St. John's
- Veronica Sawyer • Placentia
- Katie Leyte • Fogo Island
- Emma Mouland • Musgrave Harbour
- Selena Ryan • Goulds
- Leah Patterson • Labrador City
- Manasavi Ganti • St. John's
- Madeline Lomholt-Mortensen • St. John's
- Deidra Snook • Paradise
- Alexandria Crann • New Harbour
- Annalee Pudan-Sproule • Carbonear
- Charlotte Andrews • Paradise
- Annalee March- Mulrooney • New Melbourne
- Georgia Hopkins • Laurenceton
- Julia Crawley • Conception Bay South
- Amber Cole • Paradise
- Molly Anne Smith • St. John's

The 2022 winner of the Isabella Ashley Spirit of Giving Award was

Taylor Reid
of Chapel Arm.

Total since 2013
\$186,617



Noah & Owen Strong (5 months)
Clareville, NL
244 nights

**OUR
SIGNATURE
EVENTS**

SPARE SOME LOVE BOWLING EVENT

Spare Some Love Bowling Event, introduced in 2013, is one of our annual signature fundraising events for Ronald McDonald House Newfoundland and Labrador. Bowlers of all skill levels come together for fun, networking, giveaways and ultimately to celebrate families. Event is hosted at Plaza Bowl in St. John's.



PRESENTING SPONSOR

Tucker Window Film

28 Teams

GOLD SPONSOR

Coca-Cola

Event Total

\$32,148

SILVER SPONSORS

McDonald's

Jiffy Cabs

BRONZE LANE SPONSORS

Roebathan McKay Marshall

Strategic Directions Inc.

Montana's Cookhouse



"FORE" THE FAMILIES GOLF CLASSIC

"FORE" the Families Golf Classic is an important initiative to help raise awareness and funds. Golfers of all skill levels came together for fun, networking, giveaways and ultimately to celebrate families. Event is hosted at The Wilds at Salmonier River Golf Club.



PRESENTING SPONSOR
McCain

GOLD SPONSOR
Smith Snacks

BRONZE SPONSORS
McDonald's Saputo WestJet

HOLE IN ONE SPONSORS
Capital Subaru NAPE

HOLE SPONSORS

McCain	TD Bank
Smith Snacks	Atlantic Grocery Distributors
WestJet	Advantage Solutions / NuQuest
Saputo	NAPE (Closest to the pin 50/50)
Volkswagen -Closest to the Pin 50/50	Hindy's Home Hardware
Dovre Group	Kool-Rite Ltd.
Fitzpatrick's Auction	Keller Williams Platinum Realty
Roebathan McKay Marshall	Tee Box Gaming
Capital Subaru - CAR	
Noseworthy Chapman	

Event Total **\$73,800**



RED SHOE CREW – WALK FOR FAMILIES

The annual Red Shoe Crew-Walk for Families helps raise awareness and funds to help provide a place for our families to call home when they are going through the most traumatic event in their lives, an illness or injury of their child. This event is hosted by volunteers and held in September in communities throughout Newfoundland and Labrador. This event coincides with the anniversary of the opening of Ronald McDonald House. Participants register for pledge sheets, fundraise and come together to walk or run for fun, prizes and ultimately to celebrate families and their strength in healing a sick child.

The Top Fundraiser for 2022 is twelve-year-old **Emma King of Victoria** who made her steps count for families every day in September and raised **\$10,200** by collecting donations in her community.

Participants were encouraged to participate in our Share your Heart Challenge. Individuals were asked to take a photo while walking in the month of September, and share why they walk for families on something heart-shaped. Each post was to be tagged with #RedShoeCrew2022. The winner of the Share Your Heart Challenge is Vanessa Penney of Sunnyside.

THE TOP SHARE YOUR HEART BUSINESS CHALLENGE IS: Footwear Plus in St. Anthony

THE GRAND PRIZE FOR THE RED SHOE CREW WALK FOR FAMILIES For every \$100 raised on a pledge sheet participants received a ballot to win a \$500 gift card...and the winner was **Janine Hudson Ryland**.

PROVINCIAL WESTJET CARES FOR KIDS LOTTERY ran in conjunction with the Red Shoe Crew-Walk for Families in September. The lucky winner of a round trip for two is **Derek Mercer**, Ticket Number **1986**



Event Total
\$226,737.22

walkforfamilies.ca



Red Shoe Crew Walk FOR Families

COMMUNITY

Anchor Point
 Bay Roberts
 Bishop's Falls
 Botwood
 Boxey
 Carbonear
 Chance Cove
 Clarenville
 Corner Brook
 Fogo Island
 Gander
 Glovertown
 Happy Valley Goose Bay
 Heart's Content
 Irishtown-Summerside
 La Scie
 Labrador West
 L'anse au Loup
 Lark Harbour
 New Harbour
 Norman's Cove
 Old Perlican
 Parson's Pond
 Pilley's Island
 Port aux Basques
 Placentia and Area
 Springdale
 St. John's
 Stephenville
 Sunnyside
 Twillingate
 Victoria

EVENT LEADER

Nyiesha Short
 Crystal Deering
 Darlene Hancock
 Cindy-Lee Edison
 Leo and Susan Rose
 Kerry Butt
 Shirley Clarke
 Natasha Hobbs
 Jennifer Martineau & Jennifer Snooks
 Colette Wells-Coish
 Jenay & Josh King
 Michelle Saunders
 Allison & Mark Urquhart
 Brian Pitcher
 Cindy Wells
 Debbie Burton
 Tina Harris
 Janine Hudson
 Vicky Travers
 Terri Beth Higdon
 Mary Smith & Shirley Kinden
 Tracy Foote /Melanie Foote
 Robin Payne
 BJ Osmond
 Joan Chaisson
 Tanya Barron
 Deidre Clarke
 Stephen Patten
 Nadine & Chris Butt
 Sharon Bennett/Violet Traverse
 Christine Rogers
 Stephen & Sherry King

32 COMMUNITIES

1041 PARTICIPANTS



TEAM RMHC

Team RMHC is a rewarding way to enjoy endurance events

Team RMHC®

Team RMHC is open to anyone! Athletes of all skill levels join together as part of Team RMHC to help raise funds to provide programs and services to support families staying at Ronald McDonald House. Team RMHC strives to make completing endurance style events an unforgettable experience.

2022 Team Raised:
\$10,505

8 Year Total:
\$55,708.33



ROWING TEAM RMHC

Derek Mercer, Coxswain/Coach

- | | |
|----------------------|---------------------|
| Kim Hawco - #6 | Carolyn Cook - #2 |
| Kelly Colbourne - #5 | Kathy Power - #1 |
| Jennifer Gaudon - #4 | Susie Ennis - Spare |
| Angela Skinner - #3 | |

Bronze Medal winners in the Royal St. John's Regatta 2022

TELY 10 TEAM RMHC

- Zack Clancy
Melissa Thomas
Danielle Broomfield Bragg
Peter Walsh

SOCKIT FOR SICK KIDS AND THEIR FAMILIES

SOCK IT
for *sick kids*
& *their families*

RONALD MCDONALD HOUSE CHARITIES® NEWFOUNDLAND AND LABRADOR

On November 18th we called on everyone to SOCK IT for sick kids and their families at Ronald McDonald House Newfoundland and Labrador.

The public were invited to purchase official signature striped socks and wear them on November 18th to show their love and support for Ronald McDonald House and the families we serve. With each pair of striped socks, companies, individuals, schools and organizations were raising awareness and helping families stay together when it matters most.

On November 18th, hundreds of pictures were shared on social media with **#sockitforsickkids**

Thank you to everyone that "SOCKED IT" for sick kids and their families!

Special Thank you to the Avalon Mall for allowing space for a SOCKIT POP UP SHOP in November!

2022 Total:
\$61,114.46

That's a 9-year total of:
\$315,001.75



LIGHTS OF LOVE/SEASON OF GIVING CAMPAIGN

Christmas is an important time for families. At Ronald McDonald House it is priority to celebrate special times of the year with the families staying at our house, especially during the Holidays. The Lights of Love Season of Giving Campaign is a means for individuals, businesses and communities to celebrate keeping families close.



An advance special holiday mailing kicked off the campaign, combined with seasonal tree lighting ceremonies in various communities closer to the holidays. Special tree lighting ceremonies kicked off each campaign. Trees were initially lit with white bulbs.

Those who made donations were able to honor or remember a special person, or that hard to shop for individual on their Christmas list. Donors were given an opportunity to change a bulb on the tree from white to red or hang a red decoration, depending on location. They then received a campaign acknowledgment card to notify that special person of the gift. The goal was to see each Lights of Love Tree turn red during the month of December.

3 TREES IN 3 COMMUNITIES



Ronald McDonald House
Newfoundland and Labrador



Town of
Blaketown

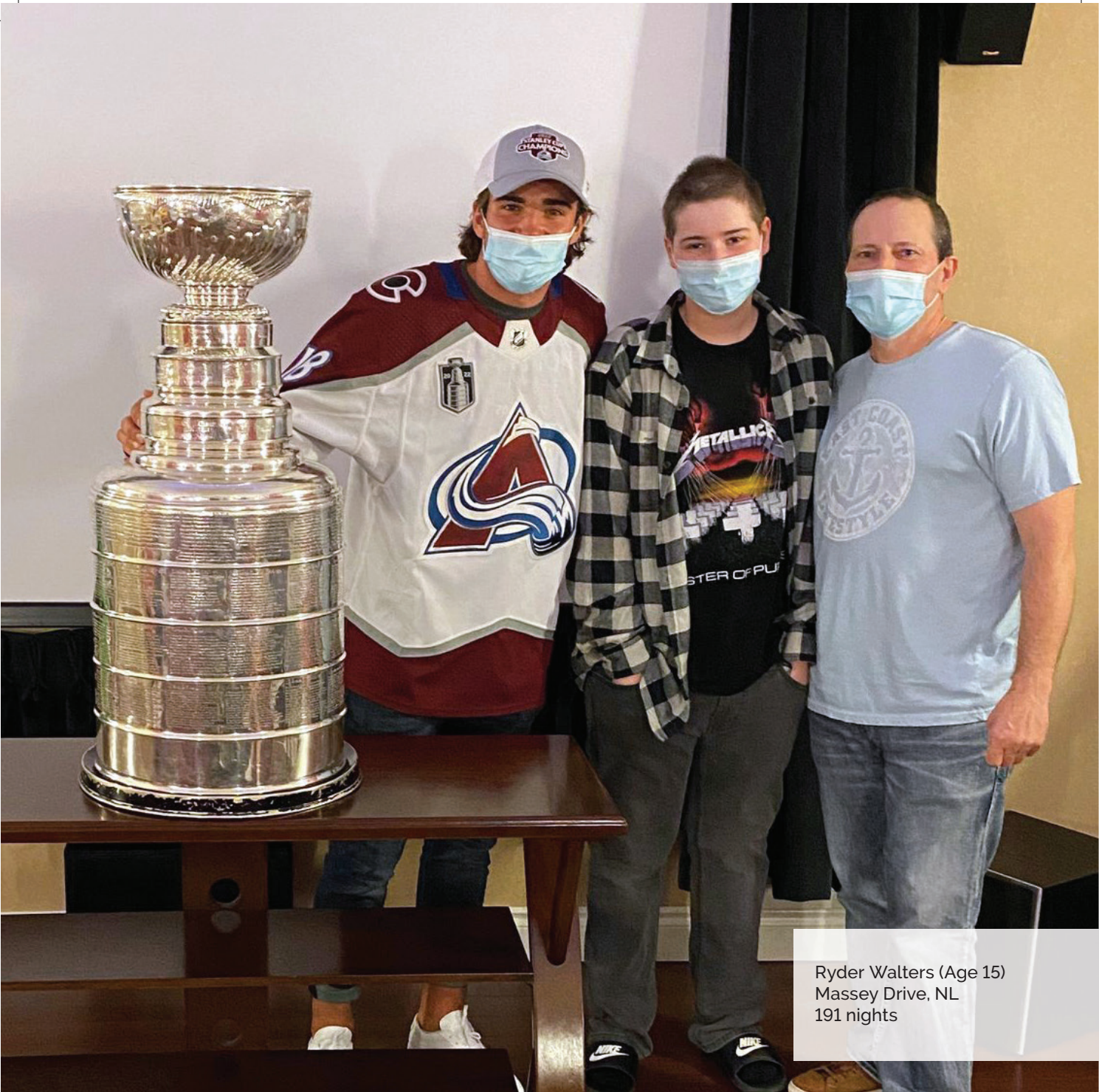


MUN
Medicine



2022 Total:
\$65,857.30





Ryder Walters (Age 15)
Massey Drive, NL
191 nights

**THANK YOU,
FROM OUR FAMILY
TO YOURS.**

DONOR RECOGNITION

MONETARY AND/OR IN KIND



\$150,000+

Government of Canada (ACOA)
Ronald McDonald House
Charities Canada

\$100,000+

Iron Ore Company of Canada
McDonald's NL Owner/Operators Group
Newfoundland and Labrador Hydro

\$50,000+

64354 Newfoundland and Labrador
Limited Freedom Foods
Brian and Jodean Tobin
Family Foundation
Locke's Electrical Limited
NFI Group Inc.

\$20,000+

Basil Dobbin Family Foundation Inc
Cargill Value Added Meats Canada
Government of Newfoundland
and Labrador
Hickman Automotive Group
NTV
Scotiabank

\$10,000+

Atlantic Star Foundation
Beverly Critch
Capital Subaru
Coca Cola Ltd
PLR Enterprises Inc.
R. D. Pippy Family Foundation
RBC Foundation
Ronald McDonald House Charities, Inc.
Saputo Dairy Products Canada G.P
Smith Snacks
United Foods Inc
Westjet Cares for Kids

\$5,000+

Aspire Bakeries
Atlantic Grocery Distributors Limited
Castle Building Centres Group Ltd.
CHOZ OZFM
CIBC
Colin Baxter
Delores Foster
Egg Farmers of Newfoundland
and Labrador
Health Canada
Hebron Health Care Fund
Hydro Employee Giving Program
In The Box Media Promotions
Islaview Foundation

Kinsmen Club Notre Dame Lewisporte
McCain Foods Canada
Notre Dame Agencies Ltd.
PVA Hair Inc.
St. Barbe's Consumer Co-Op
Society Ltd.
United Steel Workers Union Local 9508
VOCM

\$2,500+

Avalon Mall
Avion Rewards
Ches's Fish & Chips
Cossette
Dominion Recycling Ltd.
Eve Smith
Extreme East Metals Inc.
Growlers Give
Hindy's Home Hardware
La-Z-Boy
Leah Patterson
LG Electronics
Linda Penney
Lions Club Clarenville
Margot Nash
McDonald's Restaurant P.H.R Inc.
New Horizons, Twilight 50+ Club
NL Conservation Officers Association
North Atlantic Petroleum

Pete Hudson
Purolator
RBC Trade for Kids Day
Roebothan McKay Marshall
Sherry Goudie
Town of Deer Lake
Tucker Electronics Limited
Valerie Pippy

\$1,000+

735 Lounge
81426 NL Inc.
Alice Tobin
Andrea Drodge
Anglican Church - Rose Blanche
Anne M. Lecoure-Clarke
Annette Godsell
Annette Higdon
Apple
April Budgell
Audrey Morgan
Avalon Optical Enterprises
Baine Johnston Corporation
Belfor Property Restoration
Bluesky Family Care
Bonavista Lions Club Activities Account
Braya Renewable Fuels
BSHG
Cahill Technical Services
Canadian Jewellery Group
Capital Interior Systems
Capital Precast Limited
Carol Ann Stuckless
Century 21 Seller's Choice
Charlotte Julien
Chatters St. John's
Chris Davis Insurance Agent
Chris Duff
Churence Rogers
Clayton Reid
Colleen Seydell
Construction Labour Relations
Association
Cowan's Optical
Da Bright B'ys
Darlene Collins
Dean Foss
Dianne Hudson
Doris Bishop
Dovre Group
Downhome Incorporated
Dr. G.B. Cross Memorial Hospital Auxiliary
Ed Martin
Edge Contracting
Eileen Rose
Enterprise Holdings Foundation
Equipment Corps

Estate of Duane Butt
Fay Hudson
FixAuto Head Office
Fortis Inc.
Freeman Burden
Gail Pike
Gaye Penney
Geraldine Gaul
Get Messy NL
Grant Thornton
Harold Hillier
Heroes for Heroes
Hoops Communications
Intact Insurance
Irene Sutton
Jamie King
Jennings and Associates
Jiffy Cabs
Johnson Inc
Juanita Foss
Kathy Hewitt
Kayley Higdon
Kerri Butt
Keurig Canada
Kinsmen Club Bridgeport
KPMG
KPMG
Laura Stratton
Lego Canada
Lions Club Baie Vete Penninsula
Lions Club Deer Lake
Lions Club Doyen
Lions Club Gander
Lions Club Goulds
Lions Club Port Union
Lions Club Twillingate
Lori Ann Snow
Lynette Bowes
M & N Fisheries
Marie Chubbs
Mary Cahill
Mary Mallay
McKesson
Megan Hoskins
Melissa Herridge
Metro Self-Storage
Mildred Pittman
Miriam Curtis
Mother Parkers Tea and Coffee
Mun Medicine
Mysa
Nape - Head Office
Natasha Bailey
Ocean Surfer Limited
O'Neill Foundation
Orkin Canada
Patricia Gillard
PayPal Giving Fund Canada - Facebook

Payworks
Pennecon Limited
Penney Group Inc.
Pinnacle Office Solutions
Premier Sports Academy
Prince of Wales L.O.L. No 26
RBC Royal Bank - Canada
Rod Legge
RothLochston Constructors Inc.
Ruby Holloway
SaltWire Network Inc.
Sara Sexton
Sexton Lumber Co. Limited
Shannon "Shaq" Coady Memorial Golf
Tournament
Sheila Ford
Shelly Bowering
Sisters of Mercy Code 100-29 -
Responsible Sharing Committe
Sobeys
Sobeys 340 Social Club
Sony Electronics
St. John's Firefighters Association -
Charitable Local 1075
Stephen O'Reilly
Stewart McKelvey Law Office
Stillwater RV Park Ltd
Subsea 7 Canada Inc.
Superior Office Interiors Limited
Swiss Chalet Kelsey Drive
Tacora Resources Inc
TD Bank Financial Group
Terra Nova Motors Ltd
Terry Short
The Works
Todd Barrett
Town of Long Harbour and Mount
Arlington Heights
Triware Technologies Inc.
Troy Hunt
United Way of Newfoundland and
Labrador Inc
Verafin
Virginia Bell
Visa
Volkswagen
Wilma Hennebury
XXIX Venture Limited

YOUNG HEROES

RONALD MCDONALD HOUSE CHARITIES

Newfoundland and Labrador recognizes outstanding young individuals who do not let their age discourage them from making a difference in the lives of sick children and their families. Kids are never too young to learn about the importance of giving back to others and getting them interested in a charity that is important to them is the first step! Not only does helping others feel great, when kids learn how easy and fun it can be to support other kids. It will spark an interest in charitable giving that can stay with them for life. **We are so proud of our many RMHC NL Young Heroes.** Young Hero ribbons help recognize the generosity of Young Heroes who give each year to help keep families close to each other and the care and resources they need, when they need it the most.



Quinton Appleby
 Krista Appleby
 Dominic Best
 Cameron Buckle
 Nathan Buckley
 Dominic Buckley
 Michael Carroll
 Cole Connolly
 Keagan Connolly
 Abby Cook
 Mason Dalton
 Piper Dalton
 Angela Dawe
 Hudson Deering
 Jonah Desmod
 Callie Fifield
 Harrison Green
 Vivienne Green
 Mackenzie Hall
 Lucas Halley
 Lilia Hefford
 Lincoln Hefford
 Skye Hickey
 Noah Hicks Tinkler
 Kayley Higdon
 Lauren Higdon
 Sarah Holmes
 Mallory Humber

Tyler Hynes
 Alexander Jackman
 Kayden Kerrivan
 Emma King
 Drew Lewis
 Fayth Lyla
 Karlee MacDonald
 Kaydee McIssac
 Jersey McNeil
 Addison Mooney
 Marissa Moyses
 Ava Noseworthy
 Blake Noseworthy
 Gracie Penney
 Emma Picco
 Mason Piercey
 Jane Piercey
 Devon Pollett
 Sophie Randell
 Ireland Raymond
 Maria Russell
 Eve Smith
 Clark Stone
 Grant Sullivan
 Rachell Sullivan
 Hudson Taylor
 Cameron Whelan
 Ryan Whelan



MESSAGE FROM TREASURER FISCAL YEAR 2022

This message marks the end of my fourth year as Treasurer for the Ronald McDonald House of Newfoundland and Labrador Inc. ("RMHC NL"). I want to take this important opportunity to thank our management, staff, and volunteers who make the House and our important programs truly exceptional. I would also like to thank our generous donors for their continued support of the success of Ronald McDonald House of Newfoundland and Labrador. I know I say this every year but I'm just continually in awe of all the great things we accomplish together. I'm grateful for you all and honoured to be able to continue to give back to our communities during this time. As I continue my volunteer journey with this charity, I still find myself moved by the heart-warming stories from families who have stayed at the house.

I'm pleased to report that RMHC NL was fortunate enough to be able to continue to count on the generosity and support of thousands of our donors. Individuals, community groups, service organizations, labour organizations, businesses, other charities and government have all found ways to support our mission and to focus on providing our families with the best possible support despite the many hurdles everyone faced in 2022. This support takes the form of financial contributions, in-kind contributions of goods and services, participation in a wide variety of fundraising events and countless volunteer hours. We certainly are very grateful to have maintained this level of support in 2022.

At the end of 2022, RMHC NL has combined net assets of approximately \$8,772,971. This includes the balance invested in capital assets of approximately \$5,218,093; an operating fund reserve of \$2,300,000; and unrestricted net assets of approximately

\$1,254,878. The Charity has a strong cash and short-term investments position of approximately \$3.78M at the end of the year.

The Charity had excess of revenue over expenditures for 2022 of approximately \$544,792. Total revenue and other support for the year increased by \$401,838 year over year to approximately \$2,136,010 for the year. Revenue and expenditures included donated goods and services of approximately \$291,704 for 2022 as compared to approximately \$216,720 in 2021.

In terms of expenditures, the cash cost of operating the charity (excluding donated goods and services and amortization of capital assets) is approximately \$1,129,302 which changed by approximately \$129,424 during the year, representing a 12.9% increase. This increase is a result of a combination of factors including inflationary pressures, labour market changes, and general operating year over year changes. The financial information provided in this annual report is in a condensed format; however complete audited financial statements of the organization are available on request at the charity office.

Thank you for your continued support. Should you have any questions or concerns at any time please do not hesitate to reach out. I am honoured to represent this organization and I look forward to hearing from you.



ABrown

Angie Brown, CPA, CA, CIA
Treasurer
Ronald McDonald House Charities
Newfoundland and Labrador

FINANCIAL REPORT

Condensed Statement of Revenue and Expenditures and Changes in Fund Balances

Year ended December 31	2022	2021	2020
Revenue			
Contributions	\$ 1,522,509	\$ 977,993	\$ 878,071
Fundraising Activities / Events	565,023	684,401	445,483
RMH Room Donations / Fees	39,508	30,285	28,900
Other Revenues	8,970	41,493	225,656
	<u>\$ 2,136,010</u>	<u>\$ 1,734,172</u>	<u>\$ 1,578,110</u>
Expenditures			
Program	\$ 910,728	\$ 867,406	\$ 857,222
Management and General	212,678	183,529	131,262
Fundraising	503,118	380,659	390,819
	<u>1,626,524</u>	<u>1,431,594</u>	<u>1,379,303</u>
Excess of Operating Revenue over Expenditures for the Year	509,486	302,578	198,807
Investment Income	35,306	23,331	39,032
	<u>\$ 544,792</u>	<u>\$ 325,909</u>	<u>\$ 237,839</u>

Condensed Statement of Financial Position

At December 31	2022	2021	2020
Assets			
Cash and Cash Equivalents	\$ 1,521,902	\$ 1,438,117	\$ 902,520
Investments	2,258,426	2,241,544	2,220,933
Accounts Receivable	138,085	118,307	216,003
Prepaid Expenses and Other Assets	33,279	28,793	29,029
Capital Assets	5,010,769	4,478,614	4,602,611
	<u>\$8,962,461</u>	<u>\$8,305,375</u>	<u>\$7,971,096</u>
Liabilities			
Accounts Payables and Accrued Liabilities	\$ 189,490	\$ 77,196	\$ 68,826
Fund Balances			
General Fund	\$ 1,254,878	\$ 504,568	\$ 468,343
Restricted Fund	2,300,000	2,300,000	2,200,000
Capital Asset Fund	5,218,093	5,423,611	5,233,927
	<u>\$ 8,962,461</u>	<u>\$ 8,305,375</u>	<u>\$ 7,971,096</u>



Heidi Chaulk (Age 6)
Carmenville, NL
136 nights

**KEEPING FAMILIES CLOSE,
THANKS TO YOU.**

10
years
2012 – 2022



RMHC
Newfoundland
& Labrador

RMHCNL.CA

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

1-855-955-HOME (4663)
(709) 738-0000

Charitable Registration Number: 85050 2865 RR0001