



# Keeping Families Close

Summer 2024

Ronald McDonald House Charities® Newfoundland and Labrador



## Sammi-Jo James Miracles Can Happen

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### Our Impact

- RMHC NL has 15 family suites
- Families have stayed with us 50123
- nights
- Saving families more than \$9 Million
- 1950 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

**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.**

Sammi-Jo James of Point Leamington was diagnosed with cystic fibrosis just before her third birthday, but this was only the beginning of a long road of medical treatments and doctor's appointments. Sammi-Jo has continued to have special medications and chest physiotherapy each and every day. In 2016, Sammi-Jo, and her family were introduced to the programs and services at Ronald McDonald House.

Cystic fibrosis (CF) is an inherited disease that causes the mucus in the lungs to be thicker and stickier than normal. This makes it difficult to clear and easier for bacteria to get stuck and cause an infection. Infection causes the lining of the airways to become swollen and produce extra sticky mucus. Repeated lung infections can lead to lung damage.

Sammi-Jo has been living with limited functionality of her lungs and was in need of a lung transplant. Since that time, to get the medical care and treatments Sammi-Jo needed, her and her mom Kelly have had 30 visits to Ronald McDonald House for a total of 291 nights.

*"We are so grateful to Ronald McDonald House and everyone that supports RMHC for keeping families like ours together we need it the most." – Kelly Earle, Sammi-Jo's mom*

Thankfully, a new medication was approved in April 2022. This new medication is considered the single greatest innovation in the history of cystic fibrosis. It can treat up to 90% of Canadians with cystic fibrosis and addresses the underlying causes of the disease instead of just managing the symptoms.

In 2022, at the age of 16, Sammi-Jo received this medication, and her lungs have improved functionality as high as 78% instead of previously functioning at only 21%. Her life has changed for the better thanks to the medical care and treatments she has received. She can now live a normal life for the first time with a significant reduction in hospital visits.

*"I no longer need to be on a waitlist for a lung transplant. I can even run now, which is something I could never do!" said Sammi-Jo*

Every day there is a family travelling to St. John's with a sick child. Living expenses can quickly add up. Families become stressed from long drives, lost jobs, worried siblings, extra expenses and being far away from family and friends. These are extra burdens that no family should have to experience.

RMHC NL keeps families with a sick child close to each other and the medical care and resources they need, when they need it the most. As a registered charitable organization we rely on support from donors and annual fundraising activities each year. **To help keep families like Sammi-Jo and her mom Kelly together and near the medical care they need, please visit [www.RMHCNL.ca](http://www.RMHCNL.ca) and donate today.**



Sammi-Jo James and her family at RMHC NL in 2016



Read More



**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

**Round Up for RMHC**  
Help families with sick children in your community.

- Make a donation at the Kiosk
- With every purchase of an 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!



We are looking for dynamic volunteers to host a Red Shoe Crew-Walk for Families Event this September in the following communities:

- CHURCHILL FALLS
- DEER LAKE
- CORNER BROOK
- LEWISPORTE
- MARYSTOWN
- ST. ANTHONY



#ShowYourStripes  
& Make Your Steps  
Count for Families

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

## 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

<b>Angie Brown</b> Board Chair	<b>Julianne Griffin</b> Director
<b>Hilary Wicks</b> Director (Legal)	<b>Brian White</b> Director
<b>Gail Collins</b> Director	<b>Margot Edison</b> Director
<b>Dr. Lisa Goodyear</b> Director (Medical)	<b>Tony Dawe, P.Eng</b> Director (Engineering)
<b>Darren Martin</b> Treasurer	<b>Melanie Callahan</b> Director

## Staff

<b>Executive Director</b> Annette Godsell Tel 709-738-0000 <a href="mailto:annettedodsell@rmhcnl.ca">annettedodsell@rmhcnl.ca</a>	<b>Director Development &amp; Communications</b> Christina Morgan, CFRE Tel 709-733-5071 <a href="mailto:christinamorgan@rmhcnl.ca">christinamorgan@rmhcnl.ca</a>
<b>Family &amp; Volunteer Services Manager</b> Jennifer Fleming Tel 709-733-2242 Fax 709-747-1270 <a href="mailto:jenniferfleming@rmhcnl.ca">jenniferfleming@rmhcnl.ca</a>	<b>Senior Development Officer</b> Heather Butler, CFRE <a href="mailto:heatherbutler@rmhcnl.ca">heatherbutler@rmhcnl.ca</a>
<b>Family Programs &amp; Services Coordinator</b> Emily Drover <a href="mailto:emilydrover@rmhcnl.ca">emilydrover@rmhcnl.ca</a>	<b>Development Officer</b> Robyn Horwood <a href="mailto:robynhorwood@rmhcnl.ca">robynhorwood@rmhcnl.ca</a>
<b>Family Service Associates</b> Shirley Kenny Fred Tucker Jenna Hill Katie Taylor Emily Ann Hoskins	<b>Development &amp; Finance Officer</b> Owen Beers <a href="mailto:owenbeers@rmhcnl.ca">owenbeers@rmhcnl.ca</a>

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.

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](http://RMHCNL.ca)



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

Visit [RMHCL.ca](http://RMHCL.ca) for more details!



"It is a great opportunity to have fun and team build while giving back to the community and supporting such a wonderful organization."

- Community Credit Union



2024 marks **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](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.



**DONATE NOW** and help keep families close to each other and the medical care and resources they need.  
[www.RMHCNL.ca/donate](http://www.RMHCNL.ca/donate)

## Royal St. John's Regatta



Look for us at the head of the lake!  
 Fun games & great prizes!!



## 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/>



Make Your Steps Count for Families  
**September 2024**

The 13th 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](http://www.WalkforFamilies.ca)



- \* **Find a Location Near YOU!**  
[www.WalkForFamilies.ca](http://www.WalkForFamilies.ca)
  - \* **Walk When You Want - Where You Want**  
 In the month of September
  - \* **#ShowYourStripes on Social Media**  
 September 27, 2024 (Striped socks available)
- At work ♥ At play ♥ At school**  
**#ShowYourStripes**

**♥#RedShoeCrew2024♥**

[www.WalkForFamilies.ca](http://www.WalkForFamilies.ca)  
 See **Participants Guide** for full event details including locations, incentives, setting goals and what to expect.



**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 ONLINE NOW!!!**  
<https://www.rafflebox.ca/raffle/rmhcnlwestjet>

Tickets are \$5, 3 for \$10 or 10 for \$25  
 Draw Date: October 11, 2024  
 #24-10277700LT



**Bertha Hudson**

# Volunteer Spotlight

Bertha Hudson, St. John's

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

Bertha Hudson has been an active Family Services and Community Events Volunteer since July 2022.

Bertha finds the time and dedication to support RMHC NL's mission not only at the house but also in the community. She can be seen enthusiastically attending important events such as Lights of Love, The House That Love Built Gala and Spare Some Love Bowling.

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

Bertha'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)



Wednesday May 8th marked a beautiful moment of celebration and pride as our mission came to life across Canada. Thanks to the unwavering dedication of our partners at McDonald's Canada – alongside franchisees, Crews and Guests – together we achieved our most successful McHappy Day results to-date!

We are thrilled to share that a record breaking more than \$8.9 million was raised on McHappy Day, with an incredible over \$6.3 million (and counting!) for RMHC across Canada! It is wonderful to see how our system rallied together while navigating the current economic environment, and striving to top last year's strong results. This total is in addition to year-long giving from McDonald's and their Guests through Happy Meals, RMHC Cookies, cashless giving and coin box.

This day-long fundraiser with McDonald's restaurants continues to be a huge success in terms of participation and funds raised. McHappy Day® celebrations on May 8, 2024 raised more than \$88,000 to help RMHC in Newfoundland and Labrador alone. This incredible giving is in addition to the wonderful support received from McDonald's all year long through Happy Meals, RMHC Cookies, cashless giving, and coinbox donations.

### 2024 Adopt Me Program Winners

- McDonald's Corner Brook
- McDonald's Labrador City
- McDonald's Grand Falls-Windsor



# Fore the families

## [Golf Classic]



**SAVE THE DATE**  
**JUNE 19, 2025**

The 12th Annual FORE the Families Golf Classic presented by McCain Foods Canada, was one of the most successful years yet!

On Thursday June 20, 2024 at the Bally Haly, the volunteer organizing committee for the event announced just under \$90,000 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 **\$690,000** for RMHC NL since its introduction in 2013.



# SHOW YOUR STRIPES



Friday September 27, 2024

SHOW YOUR STRIPES (formerly Sockit for Sick Kids) is a social media campaign aimed at spreading the word about the important work done at Ronald McDonald House. By sporting your red and white stripes across social media, you let the community know that you stand behind the families that need the programs and services at Ronald McDonald House!

- Purchase your striped items online at <https://rmhcnl.ca/showyourstripes/>
- Rock them at a Red Shoe Crew-Walk for Families event near you
- Rock your socks on social media #ShowYourStripes (formerly Sockit Day) on September 27, 2024

For larger business orders please contact Robyn Horwood, Development Officer [robynhorwood@rmhcnl.ca](mailto:robynhorwood@rmhcnl.ca) or call 738-0000 x0



\$12



\$20



\$20

Signature Striped Socks

'Miles' the Moose

Signature Striped Beanie



@RMHC\_NL

@RMHNL

Ronald McDonald House Charities Newfoundland and Labrador

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