



Keeping Families Close

FALL 2024

Ronald McDonald House Charities® Newfoundland and Labrador



Watch Video



Meet Jack Rowe of Deer Lake, NL

The emotional and logistical strain on families facing a child's serious illness is immense which for many families is compounded by their distance to medical care. Ronald McDonald House plays a vital role by providing not just a place to stay, but also a supportive environment that helps families stay close to their child and focus on what truly matters—getting them well. Ronald McDonald House keeps families with a sick child together and near the medical care they need, when they need it the most.

Four year old Jack Rowe faced his first metabolic crisis at 10 months old after a prolonged viral illness that led to severe dehydration and lethargy. With alarmingly high lactate levels and low bicarbonate, he was admitted to the hospital in Corner Brook before being airlifted to St. John's, where the family was advised to prepare for the worst. Jack was later diagnosed with TANGO2 disease, which is a genetic condition that can lead to seizures, which may cause brain damage, and it can also result in severe and potentially life-threatening heart rhythm abnormalities. It is a rare genetic condition. There is no cure. The fear and uncertainty of this rare condition was compounded by being seven hours from their home and extended family in Deer Lake.

"When a social worker suggested Ronald McDonald House as a place to stay during Jack's critical time, we were profoundly relieved to find not only accommodations but also a comforting community of support during a time we feared we'd spend it apart." said Rebekah, Jack's mom.

When Jack is affected by a virus or other illness, the family must remain on high alert and closely monitor his condition to prevent a potential metabolic crisis. This vigilant oversight is crucial to manage any complications and ensure his health and safety.

"We could never have received the same level of care and support anywhere like we did while staying at Ronald McDonald House. The proximity of the home to the hospital was precisely what we needed during this challenging time. Everything was thoughtfully provided, from the warm welcomes at the front door, to the comfortable rooms and nourishing meals. Our family was able to stay together, feeling both welcomed and understood during the most frightening times of our lives." continued Rebekah.

While Jack's medical journey is far from over, the Rowe Family have come to depend on the programs and services at Ronald McDonald House. Despite the families best efforts to prevent another metabolic crisis, the diagnosis of TANGO2 means there remains a possibility of such an event. Each year, Jack will have to continue with medical appointments in St. John's.

"The support provided by Ronald McDonald House is invaluable, as it helps us navigate the ongoing challenges and uncertainties of Jack's condition." said Rebekah.



JACK AND HIS MOTHER REBEKAH



JACK AND HIS BIG BROTHER CHARLIE

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Our Impact

- RMHC NL has 15 family suites
- Families have stayed with us 50,874 nights
- Saving families more than \$9 Million
- 1,980 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



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 spare change in coin boxes on the counter & drive-thru!
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A Gift in your Will

Through a planned gift you can provide the greatest benefit to you, your family, and Ronald McDonald House. As part of your long-term financial planning, a planned gift can offer you substantial tax and estate planning benefits that allow you to make a lasting gift to Ronald McDonald House Charities® NL.



Learn More

If you are thinking about making a planned gift in your will to RMHC NL or would like more information please contact:

Christina Morgan, CFRE, Director Development & Communications
709-733-5071 | christinamorgan@rmhcnl.ca

WISH LIST



Learn More

Our **Wish List** is updated regularly as we meet new challenges and address the unique needs of our families. If you would like to support our families with a gift-in-kind, please check out our most recent Wish List on our website:

<http://rmhcnl.ca/get-involved/wish-list/>



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

Board of Directors

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

Staff

Executive Director Annette Godsell Tel 709-738-0000 annettedgodsell@rmhcnl.ca	Director Development & Communications Christina Morgan, CFRE Tel 709-733-5071 christinamorgan@rmhcnl.ca
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Family Services Assistant Kayla Hancock	Development & Finance Officer Owen Beers owenbeers@rmhcnl.ca
Family Service Associates Shirley Kenny Fred Tucker Jenna Hill Katie Taylor Samantha Collin-Goss	

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



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

Visit RMHCL.ca for more details!



"Such a wonderfully rewarding program, where you can instantly see the difference you are making. It leaves you with the realization of how fortunate you are, the importance of helping others, and that sometimes, it is the little things that make all the difference. Sign up today! It is truly one of the most rewarding programs you/your organization will participate in."

- **Mclnnes Cooper**

50 years of RMHC



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 \$274. 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.



DONATE NOW and help keep families close to each other and the medical care and resources they need.
www.RMHCNL.ca/donate

SHOW YOUR STRIPES



Friday September 27, 2024

SHOW YOUR STRIPES (formally 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!

ONLY WHILE QUANTITIES LAST!



Signature Striped Socks



Signature Striped Beanie



'Miles' the Moose



December 1st-31st, 2024

Honor or Remember that special person in your life

For a tax-deductible contribution, one can honor or remember a special person in their life or that hard-to-shop for person on your Christmas list. With each donation, a red light will shine on the Lights of Love Tree in front of Ronald McDonald House and we will also provide or send an acknowledgment card for the honoree.



Join Us for the Lights of Love Campaign Kick-Off!

We're thrilled to announce the start of the Lights of Love campaign in partnership with OZFM and NTV!

Date: Sunday, December 1, 2024

Time: 6:00 PM

Location: Ronald McDonald House

Celebrate with us during the Lights of Love ceremony, which will be broadcast live on NTV's Sunday Evening News. Enjoy a festive evening filled with:

- Carols
- Candy canes
- Special guests
- Hot chocolate
- The arrival of Santa Claus!

Everyone is welcome to join in the holiday cheer and make this a night to remember. We look forward to celebrating with you!





Volunteer Spotlight

Judy Clancy

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

Judy's dedication to Ronald McDonald House Charities is truly inspiring. Her long-term commitment as a Family Services Volunteer since 2019 speaks volumes about her passion and generosity. She was drawn to our outstanding reputation for supporting families during their most challenging times, and it's clear that she's found a deep sense of fulfillment in contributing to our mission.

Judy's favorite aspect of volunteering is the warm and welcoming environment created by the staff and volunteers which not only enhances her volunteer experience but also aligns with her desire to give back in a meaningful way. Her regular shifts provide her with a comforting routine, which has been a valuable part of her transition into retirement.

JUDY CLANCY
Family Services Volunteer

Her reflections on the power of small gestures and acts of kindness are truly moving. It's incredible to see how her empathy and commitment have made a meaningful difference in the lives of sick children and their families navigating such challenging times. The impact of her kindness cannot be overstated; it has the ability to uplift and bring hope even in the midst of a child's medical struggle.

Thank you, Judy, for your unwavering dedication and for being a beacon of light. Her efforts have not only brightened the lives of countless families but have also set an inspiring example of how compassion can make a profound difference.

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



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



See Participants Guide for full event details including locations, incentives, setting goals and what to expect.



@RMHC_NL



@RMHNL



Ronald McDonald House Charities Newfoundland and Labrador



Ronald McDonald House Charities Newfoundland and Labrador

Proudly Presented by

newfoundland labrador



1. **Find a Location Near YOU!**

www.WalkForFamilies.ca

2. **Walk When You Want - Where You Want** In the month of September

3. **#ShowYourStripes on Social Media**
September 27, 2024 (Striped socks available online)

Final Step Event

Announcement and prize draws will take place on

Friday October 11th
at RMHC NL

150 Clinch Crescent, St. John's
and

Facebook Live



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!!!



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

TICKETS AVAILABLE SOON!



Presenting Sponsor



Tickets go on sale November 2024

On February 8, 2025 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.

- Tickets \$200/ticket – Tables of 10 \$2,000 – space is limited!
- 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



Learn More

