

Keeping Families Close

Spring 2025

Ronald McDonald House Charities® Newfoundland and Labrador

Meet 16 year old Matthew Rideout and his mom, Tracy of Buchans, NL



Watch Video



Family is medicine and right now it is helping 16 Year old Matthew Rideout of Buchans, NL, fight cancer at Ronald McDonald House.

Last fall, Matthew began complaining about a pain in his side, the pain would temporarily subside and then return and was spreading down his leg and to his back. At one point the pain got so bad, Matthew ended up leaving school early. That day, Matthew and his Mom Tracy, went to their family doctor in Buchans, who advised they would need to go for additional testing. Less than 48 hours after that appointment, the family was on their way to St. John's where within a couple of days, their biggest fears were confirmed. Matthew was diagnosed with Hodgkin's Lymphoma Stage 3B.

The family was told that they would need to re-locate to St. John's for the next 6 months, where Matthew would undergo surgery and receive chemotherapy treatments. With home being 5 hours away from the hospital, Tracy knew that leaving the city wasn't an option, she needed to be close to Matthew. Tracy has had to defer her employment, and as a single income family, staying anywhere other than RMHC NL was not an option. Due to the treatments Matthew has become immunocompromised and at risk of a potentially fatal complication called 'febrile neutropenia'.

"After his second chemo treatment he was admitted to the Janeway for this condition. We quickly realized the importance of being in close proximity to the hospital." said Tracy Rideout.

While Tracy and Matthew have a great support system with Tracy's sister Pamela and her mom, Sandra, taking turns spending time with the family, they have also found comfort and support in having met other families staying at RMHC.

"On Christmas Day, our family gathered around the communal tree to open presents, we then gathered to prepare an old-fashioned Christmas Dinner. Afterwards a sing-along ensued amongst the families who were celebrating Christmas together at Ronald McDonald House." Tracy said.

At RMHC NL, the family spends a lot of time in the heart of the house, the kitchen. When they have a break in chemotherapy and appointments for Matthew, they find comfort in the day-to-day tasks of preparing meals for themselves and for other families at the house.

"The volunteers and staff are second to none. RMHC is truly 'a home away from home.' Having other families around is also a form of comfort and support. Having a home cooked meal, baked goods, fresh brewed coffee and a warm room is such a huge blessing." said Tracy.

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Our Impact

- RMHC NL has **15 family suites**
- Families have stayed with us **49,284 nights**
- Saving families more than **\$12 Million**
- **+1,850 families** stayed at RMHC NL
- We have more than **350 volunteers**
- **Unlimited smiles**
- Your donation of **\$279** 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



www.RMHCNL.ca



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



info@rmhcnl.ca



Fax: 709.747.1270

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

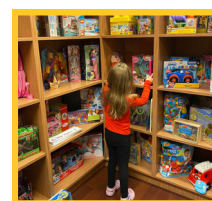
CHURCHILL FALLS
LEWISPORTE
MARYSTOWN
ST. ANTHONY

For more information contact
heidismith@rmhcnl.ca or
call 709-738-0000 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!**

Board of Directors

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

Staff

Executive Director Annette Godsell Tel 709-738-0000 annettegodsell@rmhcnl.ca	Director of Development & Communications Heather Butler, CFRE Tel 709-733-5073 heatherbutler@rmhcnl.ca
Director of Family & Volunteer Services Jennifer Fleming Tel 709-733-2242 Fax 709-747-1270 jennifrfleming@rmhcnl.ca	Development Officer Kelly Ball kellyball@rmhcnl.ca
Family Programs & Services Coordinator Emily Drover emilydrover@rmhcnl.ca	Development Officer Heidi Smith heidismith@rmhcnl.ca
Family Services Assistant Kayla Hancock Tel 709-733-2244	Development & Finance Officer Owen Beers owenbeers@rmhcnl.ca
Family Service Associates	
Shirley Kenny Katie Taylor Miranda Anderson	Fred Tucker Samantha Collin-Goss Simba Musara

Family Services Desk 709-733-2244 Toll Free: 1-855-955-HOME (4663)	Charity Office 709-738-0000 x0
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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. You can organize your friends, co-workers or club members and prepare a meal or baked goods for up to 30 people. You pick the menu, purchase the ingredients and prepare the food here at Ronald McDonald House.

This is 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.

Scan the QR code to check our **LIVE program calendar** & register your group online!

Visit www.rmhcnl.ca/volunteering/participate-in-a-program/ to learn more about this and all House programs!

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 or scan the QR code for details.



"You **HAVE** to participate in any of these programs. There is nothing more fulfilling than knowing you can bring joy to those in your community."

- **Barbies of Hope**



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 \$279. 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.

To Learn More:

Visit www.RMHCNL.ca,
Email us at info@rmhcnl.ca
or scan the QR code



Give Monthly: Keep Families Close

Want to support sick children and their families staying at Ronald McDonald House in a consistent and meaningful way?



By becoming a **monthly donor**, you can make a difference all year round! You choose the amount, and we process it automatically. Plus, you have the flexibility to adjust, pause, or stop your gift at any time.

Join us now — because every month, your generosity helps keep families close.

Learn more at:

<https://rmhcnl.ca/donate/>
or scan the QR Code



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 at www.rmhcnl.ca or scan the QR Code!



Strength In Numbers
VOLUNTEER Gathering
Training and Recognition Conference

Helping HAND Awards
IN HONOR OF FOUNDING BOARD MEMBER DR. JACK HAND

The 2025 RMHC NL Volunteer Gathering will be held in April at the Capital Hotel in St. John's

"Our Volunteers Are Sweet!"

On April 25-26th, 2025 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

To learn more, visit www.RMHCNL.ca, contact us at info@rmhcnl.ca or toll free at 1-855-955-HOME(4663)



McHappy Day is **Thursday May 8, 2025.**

On McHappy Day, a portion of 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 **#McHappyDay** on social media to show your support!

Support Ronald McDonald House Charities at your local McDonald's by...



- | | | | | |
|------------------------------|--------------------------------------|----------------------------|-----------------------------------|--|
| 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 spare change in the coin boxes on the counter & drive-thru! |
|------------------------------|--------------------------------------|----------------------------|-----------------------------------|--|



Miss Achievement

NEWFOUNDLAND & LABRADOR LEADERSHIP PROGRAM

The 2025 Miss Achievement Newfoundland and Labrador Leadership weekend is April 10-12th.

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 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 Spirit of Giving award, each of the contestants are all winners for helping make a difference in lives of sick children and their families



To learn more:

Scan the QR code
or
visit www.RMHCNL.ca



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info@rmhcnl.ca



Fax: 709.747.1270

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Volunteer Spotlight Laura-Lee Labour

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

Laura-Lee Labour has been supporting Ronald McDonald House Charities NL as a dedicated Red Shoe Crew Walk for Families Champion since 2023. After experiencing RMHC NL first hand, Laura-Lee was anxious to find a way to help out. **After hosting her first walk in 2023, last year she reached more people by hosting two walks - one in her community and another at the local school.**

She is a strong advocate for our mission given her personal connection as an RMHC NL family.



Being part of an organization that helps sick children when they are at a vulnerable time in their lives has been meaningful for Laura-Lee.

Through her outstanding contribution of time, enthusiasm and energy, Laura-Lee has made a significant difference in the lives of sick children and their families at Ronald McDonald House.

For details on how you can get involved, please visit our website at www.RMHCNL.ca



We are incredibly grateful to everyone who participated in this year's Lights of Love campaign! Thanks to your generosity, we were able to raise over \$45,000, helping to provide comfort and care to families staying at RMHC NL.

Whether you made a donation, dedicated a light in honor of a loved one, or joined us for the ceremony, your support has made a meaningful difference. A special thank you to OZFM and NTV for their continued partnership in making this event so special.

The Lights of Love tree will return to shine brightly in 2025, symbolizing the love and support of our amazing community. Thank you for being a part of this heartwarming tradition!

Thank you!



Fore the families [Golf Classic]

Proudly Presented By



On June 19th, 2025 RMHC NL will host the 13th 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 is 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 RMHC NL – contacting Heidi Smith at heidismith@rmhcnl.ca or 709-738-0000 x 0

