

CARE TAKERS

FAMILIES RELY ON THE CARE WE PROVIDE



Ronald McDonald
House Charities®
Alberta



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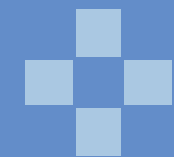
"FAMILIES RELY ON THE CARE WE PROVIDE"



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VOLUME 3/ 2022



National Volunteer Week is our opportunity to thank the hundreds of volunteers who support our mission every single year.

This year we are highlighting some incredible achievements and honours of our volunteers and we hope that you will join us in congratulating each of them.

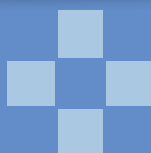
We are also celebrating the many ways our volunteers supported RMHC Alberta over the past two years, and the ways you have adapted to every change we've navigated.

As we look forward – we are building the excitement around a return to some of our volunteer programming and seeing more and more of you at the House and at our events. RMHC Alberta could never deliver the level of support to families, without your heartfelt investment of time and effort.

Thank YOU for everything you do.



- **Lori Rechlo**
General Manager



“ Seven years ago, when I retired, I knew that I had to find something to do that gave me a sense of purpose and at the same time was of benefit to the larger community. At that time, I saw a commercial on TV from RMH requesting shuttle driver volunteers. I applied, met the criteria and began shuttle driving.

I have met and spoken to many wonderful people, both families and staff. I hope that shuttling families back and forth to the hospital makes the lives of RMH families a little easier. Shuttling families of sick kids has made me be appreciative and thankful for my own health and that of my family. Being shown appreciation by staff and families makes volunteering a joyful service. ”

Ted Schenk
Shuttle Driver

Volunteers with Most Hours

Between March 2019 to End of March 2022

Murray Hay

Shuttle Driver

Total shifts: **378**

Hours: **1,463**

Started Shuttle Driving in August 2018

Ted Schenk

Shuttle Driver

Total shifts: **218**

Hours: **1,032**

Started Shuttle Driving in March 2015

“ The volunteers who come in the House and support our families and staff mean the world to the Ronald McDonald House, and there are not enough words to express the gratitude we have for them. I am so lucky to work alongside so many wonderful people who give their time and talent to this organization. You are all compassionate, inspiring, and irreplaceable, and our RMHC families are very fortunate to have individuals like yourselves to support them. From the bottom of my heart, thank you so much for being such awesome individuals and we are so grateful to call you our volunteers! ”

Celine Mopas
Volunteer and Programs Coordinator



For more information visit www.rmhc Alberta.org/home-for-dinner

Search



Home for Dinner Program with RMHC Alberta

Help us get to 1,000,000 views

RMHC Alberta

Amanda Rozon

Front Host since
beginning of March 2022

“I decided to volunteer with RMH Edmonton very quickly after my personal experience with RMH Saskatoon. My niece, Charlee, had severe medical complications shortly after birth and had to be rushed to the nearest Children’s Hospital. During this unexpected journey, we were referred to the RMH to stay while Charlee and my sister-in-law were in the hospital. Amongst the chaos, RMH staff and volunteers provided us with such amazing care, kindness, and support. Anything we asked them - they helped. When we needed to eat - they made sure we had food. There are honestly no words to describe how much their support allowed us to concentrate on each other and getting through this difficult time. Thankfully, our outcome was positive and Charlee was discharged after three and a half weeks.

From that moment on, I swore I would give back to the RMH organization in whatever way I could. I signed up to volunteer in January 2022 and started in March. While I am a new volunteer, I love being able to interact with the families and provide them with the same level of care and support during their difficult journey. While I know there is no way I can ever repay everything RMH has done and continues to do for my family - I will do what I can to pay it forward to others as a token of my everlasting appreciation.”



“ I am thankful to be a part of such an amazing team of hardworking and dedicated volunteers. It is a privilege to be able to witness the direct impact the generosity of each volunteer provides to our families every day. Our volunteers show me daily how the simplest of acts can make the biggest difference.

Thank you for adding so much warmth and kindness to the lives of others. ”

Elyse Bondar
Volunteer and Programs Manager

“ I want to be able to help families the way volunteers helped mine. ”

“The RMH is so special to me as it was my families home away from home. As my brother battled cancer my family and I found support at the House in Calgary. We were met with an abundance of care by other families as well as volunteers and employees at the House. I knew that I wanted to be another families support one day and be there for them the way they were there for my family. I am truly grateful for the opportunity to be a RMH volunteer.”



Jorie Bloomer
House Refresher

“ The past two years have been a challenging time for everyone. A lot has changed in the past couple years and those changes sometimes happened very sudden and with little notice. Our volunteers know firsthand how true this is. Volunteers and programs have seen suspensions several times over the last few years but that has not stopped the dedication our volunteers have to our organization.

Volunteers have been incredibly resilient, flexible and dedicated to RMHC through these challenging times. We couldn't do our jobs without these wonderful people who are so willing to give their time and talents to ensure that families feel at home at Ronald McDonald House. We don't know how truly lucky we are to have these individuals and groups until we can't. There are not enough words to describe the gratitude we have for our volunteers and thank you simply is not a big enough word. ”

Kayla Schmalzbauer
Family Services Coordinator



Deb Taylor

284
Hours

Deb Taylor has been a volunteer with us since the House opened in 2020. She is always eager and willing to do any tasks we throw her way. Deb has volunteered 284 hours.

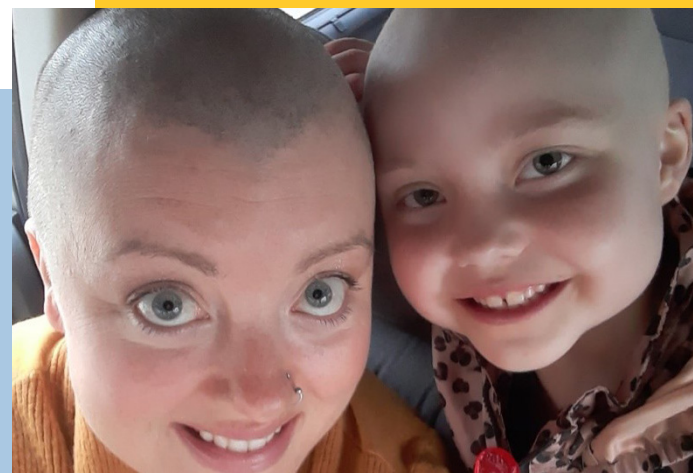
Tania Thorne

House Refresher

Tania Thorne is a weekly House Refresher volunteer at the Medicine Hat House. She wanted to volunteer with the Medicine Hat House after her son and daughter-in-law stayed in the Calgary House for six weeks after their baby Norah was born premature.

When thinking back at her family's time in Calgary, she said her family was overwhelmed, impressed, and humbled during the House tour with just how much was provided for them if they needed it. Having things like meals, snacks and toiletries provided was a relief when simple decisions become overwhelming during times of stress. Being so close to the Hospital was also a great comfort for her family.

Tania said that they didn't see a lot of things like cleaning happening but knew it was getting done behind the scenes. When the Medicine Hat House opened its doors she knew she wanted to give back because the House was such an incredible blessing to her own family.



Susan Haggas

“ The House was a place of great emotional support and made Meghan happy. Now that Meghan is doing better, I have the time to give back. I am very proud to be a volunteer at RMH. ”



“ Our Volunteers are the light of our organization, they provide warmth and happiness in everything they do. Our House is a home because of our volunteers will go to no ends to get any job done for the families. Thank you does not seem like enough, but we truly are so grateful for every single thing each and every volunteer does for our families and staff. ”



Destiny Mand

Volunteer and Programs Coordinator



Cathi Nelson

When the pandemic hit in March 2020, Cathi Nelson's dedication didn't waver. She continued at the Front Desk, volunteering more than 740 hours during the past two years.

Cathi understands that communication is critical in the Front Desk role, as these volunteers are the first point of contact for our families and an important source of information and support. Cathi enjoys the sense of team as she works closely with Family Services, but the personal connection with the families is most fulfilling for her.

She acknowledges that the pandemic has been challenging and she has seen the impact it has had on families in the house. "When I first started, one of the real joys was seeing the support families could give each other," she says. "It was fascinating to watch as families from very diverse

backgrounds and cultures shared their experience and supported one another. With the pandemic, all of that stopped. People became more isolated. There were no visitors and families had less support that came with them." Now, Cathi says she sees connections between families gradually returning, though it's clearly difficult.

The pandemic created challenges for volunteers as well, with constant change demanding resiliency. Despite this, like many other volunteers, Cathi continued and even expanded her volunteer commitment. When some volunteers stepped back, Cathi stepped in, and we are grateful for her dedication.

Cathy Dick

402
Hours

Cathy spends her entire Wednesday every week helping around the House as a Front Host.



Impact of RMHC Alberta in 2021

200
In House Volunteers

365
Home for Dinner Meals Provided

9,624
Shuttle Trips

343
Event Volunteers

18
Active Volunteer Shuttle Drivers

"FAMILIES RELY ON THE CARE WE PROVIDE"

Thank You

Thank you for celebrating the many achievements and heartfelt impact of RMHC Alberta volunteers.

RMHC Alberta could not operate without your support.

We would love to share your story and your why. If you have a story to share in our CareTakers newsletter, please let your volunteer manager know.

Happy National Volunteer Week!



Home for Dinner

Home for Dinner is BACK!

RMHC Alberta is excited to welcome our Home for Dinner volunteer groups back to the House.

Creating a meal for families spending their day at the hospital has an incredible impact. The smells of the meal create a home-like atmosphere that cannot be replicated. The generosity of time is felt by every family. If you've been missing the opportunity to create a Home for Dinner meal - you can sign up today!

Register today:

<https://rmhcalberta.org/home-for-dinner/>

Volunteering for Home for Dinner

Ronald McDonald House Charities® Alberta provides a home-away-from-home for out-of-town families with children receiving care in a local hospital. Your support of our mission continues to help provide our much-needed service to hospitalized children and their families.

Preparing a meal can be a stressful task after spending a long and potentially emotional day at the hospital. But, thanks to generous volunteers like you, the House is able to reduce this stress for families. Through the Home for Dinner Program, a group of volunteers purchase groceries and provide dinner for families staying at the House.

This includes planning, cooking, clean-up and packaging up any leftovers.

If your group is interested in this program, we ask that one group member create an account and submit an application through our Volunteer Software using the following links for your respective House.

Edmonton

Calgary

Red Deer

Medicine Hat

For more information visit <https://rmhcalberta.org/home-for-dinner/>