

CARE TAKERS

FAMILIES RELY ON THE CARE WE PROVIDE



Ronald McDonald
House Charities®
Alberta

"FAMILIES RELY ON THE CARE WE PROVIDE"



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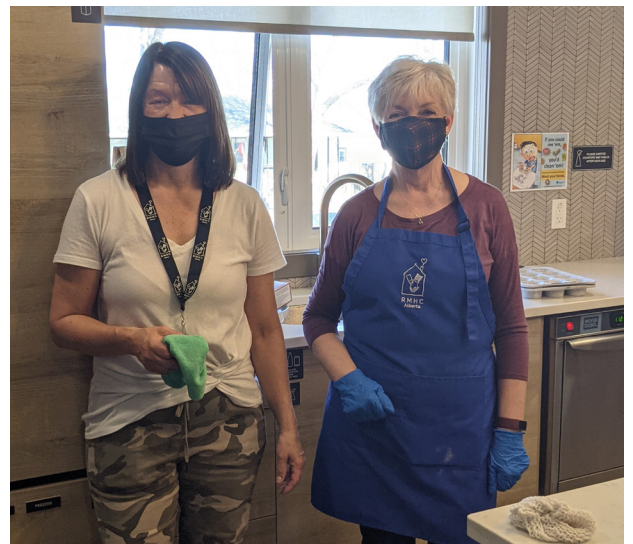
Cheers to our volunteers—You make all the difference!



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

Happy summer! We are so thankful for the hundreds of volunteers who offer their time and talents to RMHC Alberta families each year. Our dedicated volunteers make all the difference: from the moment a family arrives in the city to receive medical treatment for their children, to the time they walk out our doors to begin their journey back home, it's you who makes their stay special. Your welcoming smiles, listening ears, and helpful hands at every stage of a family's time with us are transformative. For many families, your care brings calm amid uncertainty, and your presence makes their House a welcome home.

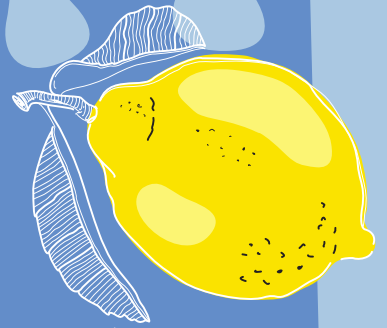
Despite having to modify our programs over the past two years due to the COVID-19 pandemic, RMHC Alberta is grateful to have had over 200 people volunteer their time in both 2020 and 2021. However, as our in-person initiatives have gained momentum once again, we now have an immediate need for volunteers at all four RMHC Alberta Houses—especially for our Home for Dinner program. If you or someone you know wants to make a difference in the lives of families traveling to receive medical care, please visit <https://rmhcalberta.org/volunteer/> to learn more about general volunteer opportunities, or visit <https://rmhcalberta.org/home-for-dinner/> to sign up as a Home for Dinner volunteer.



On behalf of everyone at RMHC Alberta, thank you to our volunteers for all you do in service of our families and our Homes. **You make all the difference!**

“Volunteers make the difference between this place feeling like a hotel versus a home.” - Corey Wenzel

Refreshing Summer lemonade



Ingredients

1 1/3 cups white sugar

1 cup water

9 medium lemons

7 cups ice-cold water

Ice as needed



Directions

1. Combine sugar and 1 cup water in a small saucepan. Stir to dissolve sugar while mixture comes to a boil. Set aside to cool slightly.

2. Meanwhile, roll lemons around on your counter to soften. Cut in half lengthwise, and squeeze into a liquid measuring cup. Add pulp to the juice, but discard any seeds. Continue juicing until you have 1 1/2 cups fresh juice and pulp.

3. Pour 7 cups ice-cold water into a pitcher. Stir in lemon juice and pulp, then add sugar mixture to taste. Add ice.



Source: <https://www.allrecipes.com/recipe/32385/best-lemonade-ever/#reviewSection>

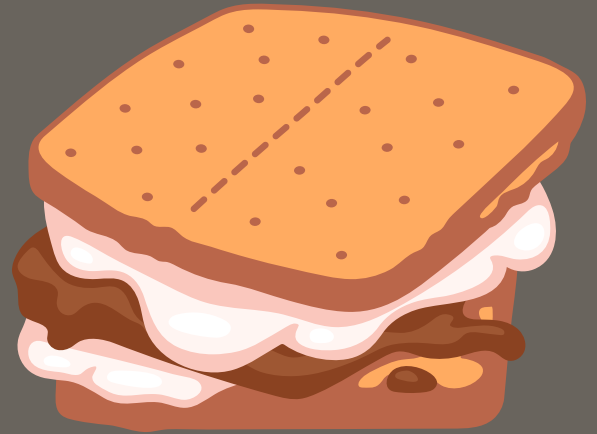
Volunteer with US!

We're Looking for "S'more" Volunteers

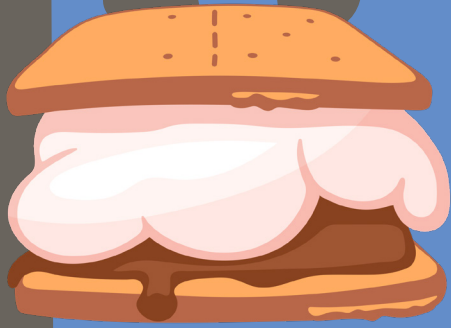
Every year, our volunteers' generosity and commitment impact thousands of families who stay at our Houses as they receive medical treatment for their children. Our dedicated volunteers contribute to every aspect of our organization, including checking families in when they arrive at the House, providing cleaning and sanitizing support, facilitating events and programs, and preparing meals. By helping maintain a comforting, caring, and supportive environment, RMHC Alberta volunteers ensure families can focus on what matters most: the well-being of their children

We are urgently seeking volunteer support at all four RMHC Alberta Houses, particularly for our Home for Dinner program.

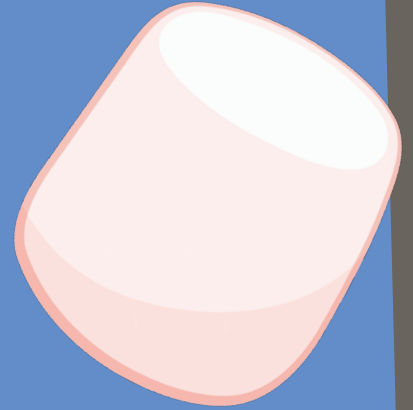
We would be thrilled to talk to you about how volunteering will make a profound difference in the lives of our families.



S'mores nights every Saturday are a casual way for families to connect and unwind. Yum!



Scrumptious *S'mores* Bars



Ingredients

- 1 stick unsalted butter, room temperature
- 2/3 cup brown sugar
- 1 1/2 teaspoons vanilla extract
- 2 eggs
- 1 1/3 cups flour
- 1 1/4 cups graham cracker crumbs
- 1 teaspoon baking powder
- 1 teaspoon kosher salt
- 1/3 cup (heaping) semisweet chocolate chips
- 1/3 cup (heaping) mini marshmallows

Directions

1. Preheat oven to 350. Grease an 8x8-inch baking dish with butter.
2. In a large bowl, combine the butter and brown sugar. Using a hand mixer, blend until fluffy (approx. 2 minutes). Add the vanilla extract and eggs, and mix on medium speed until combined (approx. 1 minute).
3. In a separate bowl, combine the flour, graham cracker crumbs, baking powder, and salt. With the mixer running, slowly add the dry mixture into the wet mixture, and mix until a dough forms.
4. Transfer the dough to the prepared baking dish and pat out in an even layer to cover the bottom of the pan. Top the dough with the chocolate chips and marshmallows.
5. Bake for approximately 20 to 25 minutes, or until the marshmallows are browned and the dough is cooked through. Cool to room temperature, then slice into 2x2-inch squares.

Source: <https://www.foodnetwork.com/recipes/daphne-brogon/smoes-bars-3097747>



The Benefits of Volunteering

Volunteering benefits people of all ages! Research has shown three notable benefits of volunteering:

1. Volunteering improves physical and mental health.

When you volunteer, you keep your body and mind active. Serving others increases sense of satisfaction and decreases stress, lowering risk of heart disease, depression, anxiety, and other physical and mental illnesses.

2. Volunteering gives a sense of purpose and teaches valuable skills.

Volunteers positively impact other people's lives, increasing self-esteem. Learning new skills through volunteering also increases sense of purpose and confidence, and may open the door for new career and life paths.

3. Volunteering builds new and existing relationships.

When you volunteer, you interact with people from diverse backgrounds who share common interests. Volunteering connects you with new personal and professional networks and strengthens existing ones.

How do you sign up to volunteer with RMHC Alberta?

If you would like to make a difference in the lives of families who are travelling to receive medical treatment for their children, we would love to hear from you! To learn more about specific volunteer opportunities at RMHC Alberta, please reach out to the House of your choice.

Calgary House

Phone: 403-240-3000

Website: <https://rmhcalberta.org/volunteer/calgary-volunteers/>

Edmonton House

Phone: 780-439-5437

Website: <https://rmhcalberta.org/volunteer/edmonton-volunteers/>

Medicine Hat House

Phone: 403-487-6166

Website: <https://rmhcalberta.org/volunteer/medicine-hat-volunteers/>

Red Deer House

Phone: 403-340-2007

Website: <https://rmhcalberta.org/volunteer/red-deer-volunteers/>

Source: <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/3-health-benefits-of-volunteering>

Home for Dinner

Volunteer Opportunity



A favourite of many, Home for Dinner is a special volunteer-led initiative that uses home-cooked meals to give families an opportunity to relax and connect. After spending long days at the hospital, families may find preparing food to be stressful and tiring. Home for Dinner volunteers bring some of the normalcy and comforts of home by preparing a fresh brunch or dinner for RMHC Alberta guests. That way, families staying at the House can spend more quality time together.

How does the Home for Dinner program work?

Through Home for Dinner, a group of volunteers purchases groceries, then prepares and serves a home-made meal to families staying at the House. Each group is responsible for planning, cooking, and cleaning up the meal. Home for Dinner offers a fantastic opportunity for families, organizations, and groups to tangibly impact the families traveling from out of town to receive medical treatment for their children.

If your group is interested in signing up for the Home for Dinner program, please have one member create an account and submit an application through the volunteer portal on our website.



Please follow the Home for Dinner links to the House where you wish to volunteer.
<https://rmhcalberta.org/home-for-dinner/>

Food for Peace

Food for Peace has prepared a couple of brunches each month for RMHC Alberta families in Calgary. As group leader Adrian Villalta says, "Calgary is known for volunteering. Just come volunteer and see what the House is all about, and you see how it affects the families. It's about giving back to the community."



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

- Destiny, Volunteer and Programs Coordinator

"Our family has been greatly impacted by the care received at RMHC Alberta and we want to give back. The Medicine Hat House was a light at the end of a very dark tunnel and a place we were able to call home for what ended up being the next six weeks. To say we were all overwhelmed by the love and kindness that goes into every aspect of care at RMHC Alberta is an understatement. They truly thought of everything to make a devastating time for a family easier."

Tania and her family recently came into the Medicine Hat House to make a Home for Dinner meal for our families. This program is near and dear to their hearts as the Thorne family spent six weeks in the Calgary House when Dakota and Kylie's daughter Norah was born 12 weeks early.



"We will forever be grateful for RMHC Alberta and the part they played in Norah Belle's story."

Tania

House Refresher and Home for Dinner volunteer

Other Volunteer Opportunities

We need volunteers! Every RMHC Alberta volunteer makes a difference. If you are interested in an opportunity below, or if you have a skill or service you wish to share with our families, please contact the House you would like to volunteer with.

Calgary House

- ♥ Home for Dinner meal host
- ♥ Recreation volunteers (to host family games and recreation activities such as s'mores nights, bingo, movie nights, sports activities, crafts, painting, card-making, yoga, etc.)
- ♥ Front host
- ♥ House refresher
- ♥ Program host
- ♥ Facility support
- ♥ Shuttle driver

Edmonton House

- ♥ Home for Dinner meal host
- ♥ Front host
- ♥ House refresher
- ♥ Program host
- ♥ Facility support
- ♥ Shuttle driver

Medicine Hat House

- ♥ Home for Dinner meal host
- ♥ Recreation volunteers
- ♥ Front host
- ♥ House refresher
- ♥ Program host
- ♥ Facility support

Red Deer House

- ♥ Home for Dinner meal host
- ♥ Self-care volunteers (esthetician, hairdresser, massage therapist, etc.)
- ♥ Front host
- ♥ House refresher
- ♥ Program host
- ♥ Facility support



Volunteer Highlights

Red Deer House

We were fortunate to have a Home for Dinner volunteer group from Wm. E. Hay Stettler Secondary Campus join us four times over May and June. A few very special teachers took it upon themselves to put together groups of grade 9 students to honor their friend Kira who passed away from cancer in April at 14 years old. The teachers felt it was important to do something meaningful to bring closure to themselves and her friends. The Ronald McDonald House means so much to Kira's family, so it was the perfect fit to honour Kira. The students raised money for Home for Dinner groceries by selling waffles at school.

Edmonton House

"My dog Tucker and I started volunteering at RMHC Edmonton in early 2019. While we have been doing pet therapy since 2015, this has become Tucker's favourite place to visit. Each visit is different. Sometimes, there are so many people wanting to spend time with Tucker that I'm amazed how he makes sure everyone has an opportunity to pet him. Other times, a quiet visit with two or three is waiting for us, and we get a chance to talk and interact more (and Tucker gets to curl up and snuggle with one or two lucky children!). The kids get to know Tucker and look forward to his visits, where he shows off his tricks and gives hugs. We've been very lucky that so many children and families share their love with Tucker, and based on the smiles and laughter when we're there, Tucker is doing a great job sharing his love too!" - Janet Waltho





Medicine Hat House

Deb Taylor wears many hats at the Medicine Hat House, including making freezer meals for our families so they have a yummy homemade meal when they come to our House.

Calgary House

Chuck and Laurie Magnus are part of the Expedia Cruises Dalhousie/Aspen Home for Dinner group in Calgary. Chuck is passionate about giving back to organizations that support families facing challenges. He is motivated by the knowledge “that he can do more each day to make a difference.”

Chuck and Laurie's adult daughter, Kristen, has fought cancer five times over the years—an experience that has changed their family forever. Kristen currently lives in Nova Scotia and runs a honeybee farm with her husband.

On this night, Chuck, Laurie, and their team honoured Kristen by providing RMHC Alberta families with a delicious honey pulled chicken dinner. Our families loved it!

Chuck and Laurie are true inspirations for all of us.



“As a parent you have to put on a brave face for the kids. But when you come to the House you get a moment of reprieve, a safe space to shed a tear.”

- Struth Family

What's Happening in the House?

Past: Red Deer 10-Year Anniversary Event

On July 21, the Ronald McDonald House in Red Deer celebrated its milestone ten-year anniversary! It was a wonderful time celebrating and reflecting on all we have accomplished together over the last decade. You can read more about the impact of the Red Deer House here:

<https://www.reddeeradvocate.com/news/ronald-mcdonald-house-celebrates-10-years-in-red-deer/>



New! Christmas in July

Ho ho ho—we're halfway to Christmas! RMHC Alberta is getting into the holiday spirit with our new Christmas in July campaign. We are gratefully accepting gifts specifically for the teenagers and caregivers who stay at RMHC Alberta during the holiday season and beyond.



Please visit rmhcalberta.org or scan the QR code to shop the Christmas in July 2022 wish list of the House you wish to support.

Upcoming: Taste of Home Gala

The Taste of Home gala is a premier, one-of-a-kind event that celebrates the profound impact our supporters have on the lives of families who stay at RMHC Alberta. This year's gala will take place in five cities across the province: Edmonton, Calgary, Medicine Hat, Grande Prairie, and Cold Lake. Guests can purchase a table and invite friends or loved ones to enjoy a meal, watch great local entertainers, browse the silent auction, and bid on live auction items.

We are finalizing details and will share them as soon they are available.

