



Ronald McDonald
House Charities®
Alberta

Celebrating 40 Years

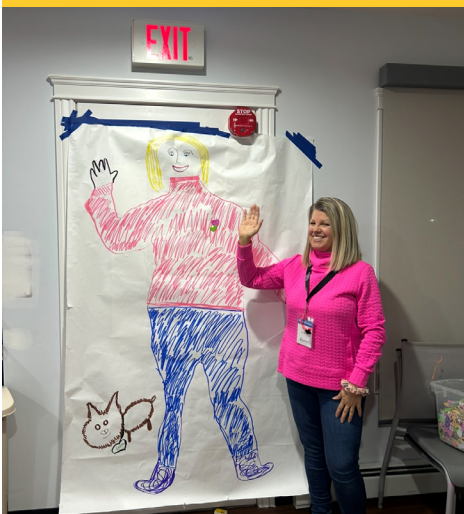
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VOLUNTEER NEWSLETTER

FAMILIES RELY ON THE CARE WE PROVIDE

Volunteers Make Waves

Together, We Create Ripples of Change



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VOLUME 2/ 2025

Waving Hello to a Better World: The Power of Volunteering

A simple **wave hello** can brighten someone's day, making them feel seen and valued. Similarly, volunteering is like waving hello to a world in need—it's a small gesture that carries a powerful impact. When we volunteer, we extend a hand to our communities, offering time, skills, and compassion to create positive change.

Just as a wave can break the ice between strangers, volunteering builds connections. At the Ronald McDonald House®, those connections are built at the front desk, in the shuttle, serving dinner, or participating in recreation. We often start as strangers, but through shared efforts, we form friendships and strengthen communities, like the one at RMHC®.

Volunteering also opens doors to new experiences, much like a friendly greeting can lead to a meaningful conversation. It allows us to step outside our comfort zones, learn new skills, and gain perspectives that we might not encounter otherwise. Volunteering can provide valuable career experience, personal development opportunity or provide a sense of purpose and fulfillment.

Moreover, a wave isn't just for others—it lifts our own spirits too. Studies show that giving back boosts mental health, reducing stress and increasing happiness. The joy of knowing you've made a difference is a reward in itself, reminding us that even small actions matter.

So, the next time you think about volunteering, picture it as waving hello to a world that needs kindness. Whether it's a few hours a week or a one-time effort, your time and compassion can spark change. Let's all take a moment to **wave hello—to new opportunities, stronger communities, and a brighter future.**



The Significance of a Grand Opening

In over **40 years** of delivering essential support services to families on a pediatric journey, we have experienced several wonderful grand openings at RMHC Alberta.

In **1985** we opened Houses in both **Calgary** and **Edmonton** to great excitement and anticipation that the mission of RMHC had made its way to our province. As the strength of our mission grew and more and more families needed our support, we again had wonderful celebrations in **Calgary in 2007** and **Edmonton in 2009** when our Houses were expanded to meet the growing demand for our services.

In **2012** RMHC Alberta opened the Ronald McDonald House in **Red Deer**, and in **2020** we were able to open a Ronald McDonald House in **Medicine Hat**. Both events creating great excitement in the community – and a longstanding impact on the family centered care approach to pediatric medical needs at the regional hospitals.

May 22nd represents a very significant milestone in our history – when we officially celebrate the opening of the expanded Ronald McDonald House in Calgary. **Going from 27 family suites to 91 suites**, the expansion has been an exciting and challenging time for the organization.

A grand opening is more than just a ribbon-cutting ceremony—it's a powerful opportunity to make a lasting first impression. And although we have been part of the community for four decades, this tripling of capacity is an opportunity to show our dedication and innovation in serving families who need essential support during their child's medical journey.

Beyond the event, our grand opening helps build relationships with those who have always supported us, and those who will be new to our organization. We are looking forward to connecting with all of the people who have made this expansion possible.

Ultimately, **May 22nd** is more than just celebration—it's about thanking the community who have supported the vision and mission of RMHC.

For more information about the expansion of RMHC Alberta, please visit www.rmhcalthberta.org.

Volunteer Statistics From 2024



23,119

Total In-House
Volunteer Hours



285

Total In-House
Volunteers



844

Home for Dinner
Meal Groups



1,509

Families Served
By Comfort Cart



2,663

Event
Volunteer Hours



194

Total Event
Volunteers



50,581

Meals
Provided



16,363

Shuttle
Trips

Volunteer Needs in Calgary

The expansion of Calgary is quickly coming up to its final weeks. In the weeks beginning the last week of April and first week of May, the House will begin a staggered intake of past and new volunteers.

There will be some new positions coming as the House grows. The first change coming is the **Front Host Volunteer** role being broken into two separate roles. **Front Host Volunteer** and **Family Support Volunteer**; a Front Host will keep the reception and front desk duties such as answering phones, accepting donations, greeting guests of the House. While the Family Support Volunteers will be working more closely supporting the Family Services team.

With the growing number of families in the House there will also be a greater need for **Kitchen Concierge** volunteers. These volunteers will work closely with our **Executive Chef** and the groups that come in to serve a meal to our families.







Announcing the Official 1000 Hours Society Logo: A Symbol of Dedication and Compassion

We are proud to introduce the official logo of the 1000 Hours Society, a meaningful emblem that represents the incredible commitment of volunteers who have dedicated 1,000 or more hours to supporting families at Ronald McDonald House Charities® Alberta.

The 1000 Hours Society is made up of individuals whose generosity, kindness, and unwavering dedication have created a lasting impact on the families who call our Houses their home-away-from-home. To honor their remarkable contributions, we have designed a logo that reflects the heart and spirit of their service.

At the center of the logo, the number **1000** is prominently displayed, with the three zeros interwoven as hearts connected like rings—a **powerful symbol of unity, compassion, and the deep bonds formed between volunteers and the families they support**. The **semi-circle** surrounding the “1000” **represents the foundation of care and support that RMHC Alberta provides**. Above, “**RMHC® ALBERTA**” is proudly displayed, **signifying the organization that unites us all in this mission**. Below, the words “**HOURS SOCIETY**” **reinforce the significance of this milestone and the collective strength of those who have reached it**.

Branded in RMHC Alberta's signature blue, the logo embodies **trust, reliability, and community**. Alternate versions in black or white allow for versatility while maintaining the integrity of the design across various applications.

This launch marks a special moment as we celebrate the volunteers who have reached this incredible milestone. The 1000 Hours Society logo serves as a **badge of honor, a testament to their dedication, and a lasting symbol of their generosity and impact**.

To all 1000 Hours Society members—this logo is for you. **Thank you for your time, compassion, and unwavering support**. Your contributions help make RMHC Alberta a place of comfort and care for families when they need it most.

Provincial Volunteer Meeting

These meetings are where our volunteers can come together and learn about the most recent and important happenings in the Houses as well as share in celebrations!

These meetings are virtual on Teams and you will be emailed a link to join!

Upcoming Volunteer Meetings: May 7 and June 4 at 7pm Virtually

Information Session for Prospective Volunteers

These meetings are for folks who are interested in learning more about volunteering with us. They are informal and give a great overview of opportunities with RMHC Alberta. Feel free to let your friends know! These meetings are virtual and your friends can sign up by heading to the volunteer page of the website.

Upcoming Volunteer Meetings: May 8 and June 5 at 7pm Virtually



Upcoming Events

2025 Golf Event Locations and Dates:

Grande Prairie: June 2, The Dunes Golf & Winter Club

Red Deer: June 9, Red Deer Golf & Country Club

Cold Lake: June 14, Cold Lake Golf & Winter Club

Canmore: June 19, Silvertip Resort

Edmonton: June 25, The Quarry

Casino:

Edmonton: Sept 20

Calgary: Sept 21

Trivia About RMHC Alberta's History

1. In what year did RMHC Alberta open its first two Houses?

- A) 1980
- B) 1985
- C) 1990
- D) 1995

2. What neighborhood was home to the original Calgary House before it relocated in 2007?

- A) Kensington
- B) Killarney
- C) Bridgeland
- D) Beltline

3. Which Alberta city opened the province's third Ronald McDonald House in 2012?

- A) Red Deer
- B) Lethbridge
- C) Medicine Hat
- D) Edmonton

4. Who was the visionary behind Ronald McDonald House Charities?

- A) Dr. Audrey Evans
- B) Ray Kroc
- C) Jonathan Bridgeland
- D) Birdie the Early Bird

5. What is the name of the volunteer-led meal program at RMHC Alberta?

- A) Home for Dinner
- B) Meals from the Heart
- C) Comfort Kitchen
- D) Community Cooks

6. Where does RMHC Alberta have regional offices?

- A) Lethbridge, Grande Prairie, and Cold Lake
- B) Red Deer, Medicine Hat, and Fort McMurray
- C) Banff, Jasper, and Canmore
- D) Calgary, Edmonton, and Drumheller