



Winston-Salem

Caring for families caring for children

Heart to Heart

Issue 93

March 2010

419 South Hawthorne Road, Winston-Salem, NC 27103 (336) 723-0228 www.rmhwinstonsalem.org

Sport a Shirt, Share a Night 2010

Join us for our 2010 Ronald McDonald House *Sport a Shirt, Share a Night* fundraiser! This sixth annual casual day is held in support of the children and families served by the North Carolina Ronald McDonald Houses. Individuals at businesses, schools, places of worship, and local hospitals will purchase tee shirts for \$10 and wear them on April 23rd. All proceeds from each shirt sold by our House will support families of critically ill children being treated at our local hospitals.

Here's how you can help:

- Buy a \$10 tee shirt and share the cost of a night at our RMH.
- Invite others to join you — Youth and Adult sizes XS-XXXL are available.
- Order shirts online at www.rmhwinstonsalem.org (or call Abby 723.0228x11) and pick up/pay for your shirts at the House on April 15th.
- Wear your shirt and celebrate *Sport a Shirt, Share a Night* Day on April 23rd!



Last year, almost 20,000 caring people purchased tee shirts. This year, friends across North Carolina will again join together to make this project a huge success. We hope you will share our enthusiasm and support us again this year.

Family Room Strategies: Great Family Room Volunteers

Each year we pick a “Volunteer of the Year” for each of our two Family Rooms. In addition to that individual or couple, we are most fortunate to have many more outstanding volunteers. Typically, extraordinary volunteers exhibit certain qualities. The volunteer needs to be kind, caring and confident. These qualities do not necessarily go together, but they are all necessary in a great Family Room volunteer. One needs to understand what our guests are experiencing and react compassionately. At the same time, the volunteer needs to know that, for the benefit of all the guests we serve, our Family Room Guidelines need to be applied consistently during every shift.

Dedication is a very important quality for a Family Room volunteer to have. One must understand that the service we provide is critically important to the families we serve. Knowing this, the volunteer wants to help and “be there” for our families. Some great volunteers have hundreds of hours of service and many have been volunteering for years.

One of the most critical qualities in any good Family Room volunteer is commitment. That means that the volunteer consistently does what he or she has agreed to do: come to the Family Room to volunteer at the times he or she has said she would. We have all experienced emergencies, car trouble, inclement weather or unforeseen work obligations. In these cases, responsible volunteers try to work out a “shift switch” with another volunteer or call the Family Room and Judy (or a Manager) at the Ronald McDonald House to report these sudden, unanticipated changes in schedules.

Because of the service of our outstanding family of volunteers, our guests have come to depend on us to be there for them on a regular basis. This is both an honor and a responsibility. We are so proud of our volunteers who year in and year out serve our guests who, in many cases, are going through the worst days of their lives. We consider it an honor to work with you. ♥

Family Support Program News

We would like to welcome our newest Family Support Program volunteers who recently completed their new volunteer orientation and training:



Charlotte Holliday - a former Special Education teacher who has a strong interest in helping families of seriously ill children better cope with the challenges of newly diagnosed conditions.

Gabby Martino - our current Family Support Program intern from UNCG who now will begin providing support to our families bedside at both hospitals as well as continuing to assist with special projects.

Mary Schultz - the immediate past Forsyth County coordinator of *Heartstrings Infant Loss Support Program* and a great advocate for bereaved families in our community.

Rebecca McNeely - a current Bingo and Family Room volunteer who completed further training to be able to provide direct support to our families during hospital visits.

Vicki Ruddy - one of our former Evening Managers at RMH who will be a great asset to our families as she meets with them during hospital visits and at the House.

Many thanks to each of our newest volunteers!

We appreciate your interest in serving our guests and joining our volunteer family!

Moving Day

Wednesday, May 5th

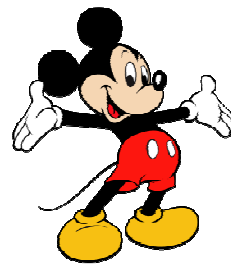
10:00 am - 6:00pm

Please join us to help move furniture and clean! Tempur-Pedic will be delivering new mattresses for both our current House and new bedrooms

(35 total). We will supply snacks and cleaning supplies. Let us know if you plan to bring a truck, hand truck, etc. We'd like to have at least 15 volunteers per shift, so this is a great opportunity for you to invite your



friends to help! Shifts are flexible. To sign up, please contact Abby at 723.0228x11 or abbyb@rmhwinstonsalem.org.



Attached you will find information about the Disney Give a Day, Get a Day Program. If you have any questions about the process, please contact Abby.

Congratulations and Best Wishes to Brenner Family Room Volunteers, Linda Dorr and Ken Burkel, on their recent Engagement. We are so happy for you!



Ronald McDonald House
419 South Hawthorne Road
Winston-Salem, NC 27103