



**Ronald  
McDonald  
House  
Charities**  
of Southern  
Colorado



# Heart Strings

*Most stories start at the beginning. However, this one starts with just one word, "Bye"*

Carrying 12 year old Natalie to her packed car - readying for the trip home to San Juan Capistrano, CA - three Staff people, including her physical therapist, confirmed Natalie said, "Bye" in response to their good-byes.

The weight of Natalie's "bye" wasn't lost on Mom, Pam, who had yet to hear her daughter speak. For nonverbal children and their caregivers, the challenges are real.

EVERYONE who meets Natalie is amazed. Her quiet countenance speaks volumes. Her strength, tenacity and courage are palpable - belying the struggles she has endured.

Pam said her fifth pregnancy with Natalie was unremarkable. Born full term, via C-section, doctors theorize that at around 28 weeks in utero, Natalie sustained a brain injury. Babies require exercise in the womb - pushing, kicking and stretching - making their growing bodies healthy and strong. Because of the lack of movement, Natalie's joints fused. At birth, her first medical diagnosis was arthrogryposis - multiple contractures impacting Natalie's shoulders, elbows, wrists, hips, knees and ankles.

Released from the hospital, doctors encouraged Pam to help her daughter by "bending her knees." Pam was dumbfounded, asking them where, exactly, she should "bend" as her daughter had no visible knee joints. The daily struggles continued.

Natalie was just 13 months old when she had her first orthopedic surgery at Seattle Children's Hospital. The goal was to get her hips in joint and try to align her feet.



*photo by Julie Anne Vinson*

With cerebral palsy, scoliosis and arthrogryposis, Natalie was being seen by a team of medical professionals. A physical therapist prescribed a back brace, hoping to reduce the curvature of Natalie's spine. Unfortunately, the persistent twisting contributed to internal stress and Natalie developed a hiatal hernia, allowing gastric acids from her stomach to "digest" her esophagus.

Reading Natalie's pleading eyes and listening to her sounds, Pam knew her daughter was suffering; she pressed for answers. Trying to repair the hernia, Natalie underwent her first fundoplication surgery to strengthen the barrier of acid reflux and heal her esophagus. Unfortunately, over the next several years, Natalie would become increasingly weak. Symptoms included Natalie being unable to eat by mouth, which required surgery, (a G-tube was inserted in her stomach, bypassing swallowing) and throwing up blood. Each

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*"The Ronald McDonald House is dear to me and my family, having helped us when we needed it most."*

As the incoming Board President, I support the Ronald McDonald House Charities of Southern Colorado. Having served on the board of directors for 10 years, I've seen the rewards firsthand. Helping thousands of families served annually by RMHCSC's cornerstone programs and the over 9,000 who have called our Ronald McDonald House their home-away-from-home is incredible. We can all get behind and serve an organization whose mission is to "lift children and families in need to a better tomorrow."

For the last 28 years, Ronald McDonald House Charities of Southern Colorado has been a vital organization serving families in need from Southern Colorado, Northern New Mexico, Western Kansas, and beyond. Keeping families nearby while their critically/seriously ill children are hospitalized, our House provides a nice warm place to stay, healthy and nutritious meals, and emotional, as well as physical and financial, support. Being together during times of medical crisis reduces the stress level, helping everyone cope better and heal faster.

Thank you for your support

*Brian Stewart*

Ronald McDonald House Charities of Southern Colorado Board Member



Living in the "green" state, we're conscientious about the environment. If you're interested in receiving HeartStrings via email, helping RMHCSC save on printing and postage costs, let us know! Send your email to us at [sam@rmhcsoutherncolorado.org](mailto:sam@rmhcsoutherncolorado.org). Thanks!



## WANT TO BE FRIENDS?

Receive updates and news at **Ronald McDonald House Charities of Southern Colorado's** facebook page!



"Ronald McDonald House Charities of Southern Colorado lifts children and families in need to a better tomorrow."

### 2015 BOARD OF DIRECTORS

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### FALL/WINTER 2015

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Volunteering: If you are interested in volunteering for the Ronald McDonald House Charities of Southern Colorado, please contact Nicole Noll 719.471.1814 or [Nicole@rmhcsoutherncolorado.org](mailto:Nicole@rmhcsoutherncolorado.org)

Donors: We appreciate all your efforts in volunteer time and/or financial giving.



photo by Julie Anne Vinson

time, the culprit was that the fundoplication surgery had failed - now three times.

Hospitalized several months each year for complications due to failed fundoplication's, bouts of pneumonia, trouble breathing, inability to swallow, kidney stones and major loss of blood, (requiring emergency blood transfusions), Pam's resolve didn't waiver. *She knew her daughter was 'in there,'* needing someone to fight for her.

Beautiful Natalie was weary and it showed. Sent to Children's Hospital in Los Angeles, Pam learned, firsthand, what a Ronald McDonald House was. She was thankful for a safe place where she could rest and recoup from her exhaustion during Natalie's three-week hospitalization and evaluation.

Fast forward to 2015 - Pam learned of a new brain integration offered by CBP Brain Centers in Colorado Springs. She and husband, Jim, knew they had to give it a try. Loading up their car, they were soon Colorado bound. Recalling the kindness of her other stay at a Ronald McDonald House, Pam phoned ours. She was thrilled to learn there was a room available for them during the two month treatments.

Taking Natalie to therapy twice daily for her

photo by Pamela Patterson

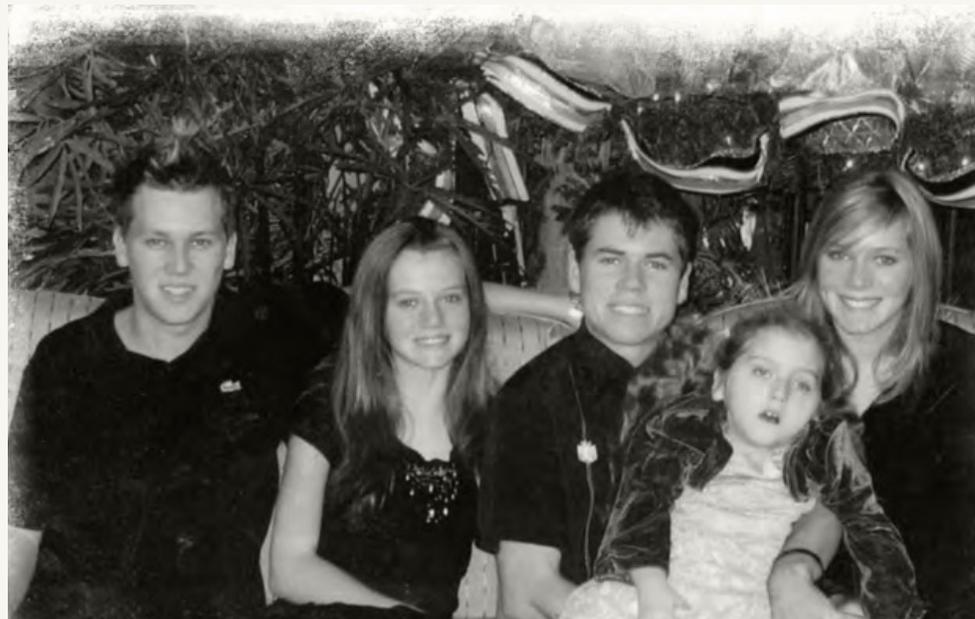
GyroStim sessions was helping rewire her brain. Pam started to see positive changes right away. Natalie's eyes brightened and began to track better. Our House volunteers and staff were being recognized as familiar faces. It was on Natalie's last daily treatment that she looked at her therapists and said, "Bye." - *Pam was overjoyed!*

Pressing on, Pam is seeking the best for her daughter. "Oh, my gosh! Staying with you took such a burden off of us. It would have been IMPOSSIBLE for us to stay anywhere else or make it work without the Ronald McDonald House." Pam said, "You ALL were such caring people - which made such a difference for us." She went on, "Making the move and coordinating all of this was very stressful. Being able to be with you, here - it REALLY was like our home. We were embraced in a comfortable, relaxing space." There will be more trips to Colorado Springs for this amazing family. We are happy to keep in step with Natalie as she continues to heal.

"Staying at the House was an answer to prayer. Your team took away ALL the anxiety."

In closing, Pam said, "I loved seeing how a Ronald McDonald House runs. The use of donations for families with critically ill children is awe-inspiring. You're literally changing people's lives - and it matters!"

I witnessed volunteers and staff loving all of the families at the House well. They gladly are doing for others for whom they really have no connection. You and your volunteers are the 'other half.' It makes us all better people - and for those receiving - it's such a gift! *Your Ronald McDonald House is the way life SHOULD be lived - where we all care for one another.*"



## 23rd Annual Cameron Memorial Golf Tournament & Pre-Tourney

In our 28th year of providing services to families with seriously ill children, we were pleased to celebrate the 23rd anniversary of the Cameron Memorial Golf Tournament and Pre-Tourney this past June, with 100% of the proceeds staying locally, benefiting the cornerstone programs of the Ronald McDonald House Charities of Southern Colorado.

These businesses made our 23rd Golf Tournament our best one to date! When you visit them, please thank them for their ongoing support of the Ronald McDonald House Charities of Southern Colorado. We couldn't do the important work we do without their generosity!

### CHILDREN'S HOSPITAL COLORADO

Kuni Lexus of Colorado Springs

McDonald's Southern Colorado Co-Op

McDonald's Rocky Mountain Region

Coca-Cola, McDonald's Corporation, TOPS Printing,

Employer's Resource of Colorado, Inc., TM Davis LLC, ANB

Bank, Reinerth Enterprises, Taddionio Family Foundation, Pennica Financial Group and Taylor Farms Colorado, Inc.

The evening of Sunday, June 7th found us back at one of our

favorite venues, the ProRodeo Hall of Fame, for our Pre-Tourney Kick-Off dinner. Our guests, including many former RonHouse families, were treated to delicious food from Tucanos, La Casita, and Texas Roadhouse, with desserts from Safeway, beer from Bristol Brewing, wine from Cheers Liquor Mart, coffee from Colorado Coffee Merchants, and soda provided by Coca-Cola.

Lauren Ferrara, FOX 21 news anchor, deftly performed as our Master of Ceremonies. Entertainment for the evening was furnished by a new band for us, Ryan Chrys & the Rough Cuts. Hailing from Denver, their brand of modern outlaw country kept toes tapping and bodies moving throughout the evening. Ronald McDonald was on hand to entertain the kids with a magic show, while the adults bid on tantalizing items at our live and silent auctions. Early the next day, the golfers enjoyed a continental breakfast before the 8am shotgun start at the beautiful Tom Weiskopf Signature course at the Club at Flying Horse. At the end of the day, the winning team of Dwight Howard, Corbin Cowan, Wes Georges and Ed Collins were given bragging rights until next year's tournament.

CONGRATULATIONS, golfers!



## Ron-A-Thon with NASH FM



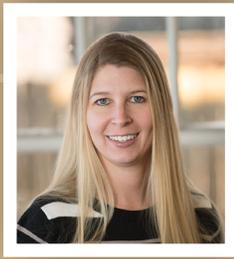
On Friday, November 6th, the Ronald McDonald House Charities of Southern Colorado teamed for the first time with 95.1 NASH FM for our 3rd Annual Ron-a-Thon to raise money to support the seriously ill children and families we serve.

Our generous sponsors, Penrose-St. Francis Health Services, ANB Bank, and Children's Hospital Colorado helped make this

fundraiser such a success! We thank you ALL for tuning in and pledging. Your donations, matching grants from Mountain View Medical Group, Nevada Auto Sales and RMJ Capital, along with Serenity's challenge - combined with the efforts of the amazing Cutter and Alisha from 95.1 NASH FM - helped RMHCSC raise just over \$29,000 in support of our cornerstone programs, which last year served over 4,000 local kids and their families!

## Volunteer

The Happiness Effect: Studies have shown that people who volunteer are generally happier than those who have never volunteered, and the more time an individual spends volunteering, the happier they



are! Volunteering is a great way to meet others in your community with similar passions, and it's a great way to connect with your neighbors. Volunteering can also give you a sense of purpose. By seeing how your actions have a positive impact on your community, you'll experience an unsurpassed sense of fulfillment.

When it comes to volunteering, passion and positivity are the only requirements! Whether at the Ronald McDonald House or in one of the Ronald McDonald Family Rooms in area hospitals, your gift of time impacts the families we serve in countless ways.

Here are a few ways you can get involved:

- Prepare a meal for families staying at the House - our kitchens are roomy and inviting!
- Make it a family affair! We encourage families to volunteer together whenever possible. (Minimum ages vary depending on location; please ask)
- We have many opportunities for groups looking for a service project or team-building activity. Group size is kept to 10 or fewer out of respect for our houseguests.

Volunteers make the difference in the lives of all the families who come through our doors – by cooking, hosting, listening, nurturing, or by simply being there and helping out in any way they can. We invite you to join us!

Please contact Nicole Noll, Volunteer Coordinator, at 719.338.3549 or [Nicole@rmhcsoutherncolorado.org](mailto:Nicole@rmhcsoutherncolorado.org).

## Partner with us

We appreciate your ongoing financial support of Ronald McDonald House Charities of Southern Colorado! Every donation, regardless of size, adds up and assists RMHCSC as we serve those in need. Maintaining your trust is of utmost importance to us. You may view our Annual Report at [www.rmhcsoutherncolorado.org](http://www.rmhcsoutherncolorado.org). We know your choices of where to give are many – thanks for continuing to partner with us.

### Combined Federal Campaign

If you or someone you know is a federal employee, please consider designating Ronald McDonald House Charities of Southern Colorado as your charity of choice in the Combined Federal Campaign. Our CFC number is 90242.



## How can you help?

Do you know of a group, business, corporation, organization or service club who would like to learn more about Ronald McDonald House Charities of Southern Colorado? Our Speaker's Bureau would love the opportunity to share our mission, cornerstone programs and families stories with them!

Call Sam at 719.375.3871 or E-mail: [sam@rmhcsoutherncolorado.org](mailto:sam@rmhcsoutherncolorado.org)

# UPCOMING EVENTS

## Combined Federal Campaign

September 9 - December 15



If you or someone you know is a federal employee or in the military, please consider designating Ronald McDonald House Charities of Southern Colorado as your charity of choice in the Combined Federal Campaign. Our number is 90242.

## Gingerbread Village

This year marks RMHCSC's 6th Annual Gingerbread Village, which will be displayed at Chapel Hills Mall. The creative, completely edible village features houses, hospitals, outdoor winter scenes, and more! This year's exhibit runs from Friday, November 27th through Sunday, December 13th on the second floor, just outside Dillard's. We hope to see you there!



## Festival of Lights

The 31st Annual Festival of Lights Parade will be held Saturday, December 5th at 5:50pm in downtown Colorado Springs.

## Colorado Gives a Day

Created by the Community First Foundation, this online giving program features comprehensive, up-to-date information about more than 1000 Colorado charities. Colorado Gives Day will take place for a 24-hour period starting at 12am, Tuesday, December 8th. For more details visit [www.coloradogives.com/](http://www.coloradogives.com/).





# WISH LIST

## FOR THE RONALD MCDONALD HOUSE AND THE RONALD MCDONALD FAMILY ROOMS

- ♥ Pot Pies--single serve
- ♥ Cookie Mixes
- ♥ Bagels
- ♥ Pizzas--single serve
- ♥ Cake Mixes
- ♥ Muffins
- ♥ Sandwiches--single serve
- ♥ Icing in tubs
- ♥ Bread
- ♥ Burritos--single serve
- ♥ Muffin Mixes
- ♥ Butter
- ♥ Easy Mac
- ♥ English muffins
- ♥ Trail Mix--single serve
- ♥ Creamer packets
- ♥ Fresh fruit
- ♥ Granola Bars
- ♥ Sugar packets
- ♥ Fruit snacks
- ♥ Pop Tarts
- ♥ Sweetener Packets
- ♥ Baby carrots
- ♥ Cereals--single serve
- ♥ Pledge dusting cloths
- ♥ Tall Kitchen Trash Bags
- ♥ Paper Plates
- ♥ Clorox Wipes
- ♥ Aluminum foil
- ♥ Dryer Sheets
- ♥ Dishwasher tablets
- ♥ Air Fresheners--NOT electric
- ♥ Safeway gift cards
- ♥ King Soopers gift cards
- ♥ Sam's gift cards
- ♥ Costco gift cards
- ♥ Wal-Mart gift cards
- ♥ Target gift cards
- ♥ Office Depot gift cards
- ♥ Home Depot gift cards
- ♥ Lowe's gift cards
- ♥ Food Handling Gloves
- ♥ Fitted mattress pads--QUEEN
- ♥ Zippered plastic-lined pillow covers standard
- ♥ Flat bed sheets--Beige--QUEEN
- ♥ Blankets--Beige--QUEEN & Full
- ♥ Fitted bed sheets--Beige--QUEEN
- ♥ Zippered plastic lined mattress covers--QUEEN & TWIN
- ♥ Bed Pillows standard size--NEW
- ♥ Disposable Cleaning Gloves
- ♥ Postage Stamps--32¢ & 45¢
- ♥ Cleaning Cloths
- ♥ Self-Sealing Laminating Sheets
- ♥ HP 95 Black ink cartridges
- ♥ HP 98 Tricolor ink cartridges
- ♥ HP 02 Black, Cyan, Magenta & Yellow ink cartridges
- ♥ Small and Medium Trashbags
- ♥ Ice Melt
- ♥ Liquid Hand Soap
- ♥ H/E Laundry Pods
- ♥ Lawn and Leaf Trash Bags

### Target Registry

Help us restock our kitchens in the House & Family Rooms. It's easy - simply follow this link to the Target website [http://www.target.com/gift-registry/giftgiver?registryId=VkpSutXD-ed\\_2pgNmhMwnA&registryType=BABY](http://www.target.com/gift-registry/giftgiver?registryId=VkpSutXD-ed_2pgNmhMwnA&registryType=BABY) or go to Target.com, click on Registries, enter Ronald House for the name. Thank you for your help!

One night lodging (our cost) for a family at Ronald McDonald House--\$50.00

One week lodging (our cost) for a family at Ronald McDonald House--\$350.00

Your generous support will assist the Programs of: Ronald McDonald House Charities of Southern Colorado

Ronald McDonald House Charities of Southern Colorado  
311 North Logan Avenue, Colorado Springs, CO 80909  
719-471-1814 • [www.rmhcsontherncolorado.org](http://www.rmhcsontherncolorado.org)

## Generous Community Supporters

### Handyman Connection:



For years, our House has benefitted from our long-standing relationship with Handyman Connection. Steve McCoy and his crew of experts have never shied away from repairs needed in our beautiful Victorian home built in 1912. From changing out light fixtures to total bathroom renovations, everyone at Handyman is a consummate professional. No job is too big or too small for this top-notch staff. For your installation, repairs, or maintenance needs, call them at 1.800.88.HANDY.

### Window World:



America's largest replacement window company is known nationwide for delivering value and superior service. This past summer, they graciously donated custom windows and labor to update and increase the energy efficiency of our spacious 6,000 square foot Ronald McDonald House. The friendly staff delivered both exceptional attention to detail and excellent customer care. Check them out at [www.windowworldsolorado.com/](http://www.windowworldsolorado.com/).

### Christmas Décor/Timberline Landscaping, Inc.:



For many years, Christmas Décor by Timberline has enhanced the holiday beauty of our Ronald McDonald House with festive roof lighting, holiday wreaths, greenery, and distinctive window lighting. In 2015, their support of our mission extended to include lawn care and maintenance. Let Timberline light up your Christmas holiday or special event! Call 719.638.1000 or learn about them at [www.timberlinelandscaping.com/](http://www.timberlinelandscaping.com/).

### The Gazette:

Our ongoing relationship with Colorado Springs' longest running newspaper helps us raise awareness with features and photos of the families we serve. We are grateful for their support and generous sponsorship of our events. Check them out at [www.gazette.com/](http://www.gazette.com/).



### Carpet Care Craftsman:



Allen Shipley and his crew have been keeping the carpets and upholstery clean and sanitized at the House for many years. With all the traffic we have through the House on a daily basis, we depend on CCC to keep it beautiful. Call Allen at 719.391.0623.

### Double G Carpet Care Specialist:

Geno and Ruth Gibson and crew have proudly provided professional cleaning services since 1998. We are grateful for the quarterly individualized cleaning our House receives from Double G! Please contact them at 719.290.9259 for your cleaning needs.



### Trader Joe's:



Known for their innovative, hard-to-find, great-tasting foods under the "Trader Joe's" name, their much-anticipated Colorado Springs store opened in 2014. Twice a week, they cheerfully donate beautiful flower bouquets for families served at the House to enjoy! Check them out at [www.traderjoes.com/](http://www.traderjoes.com/).

### Safeway:

Since 1915, Safeway has been your neighborhood store, always providing the freshest ingredients. Every week, our local Safeway donates milk and juice for our families with children in the hospital. We appreciate their generosity!



# ways to give a little love

## Dillard's Cookbook



This holiday season, we thank Dillard's, our longtime community supporter, for again offering the popular Southern Living Christmas Cookbook at any register in Dillard's stores. This year's book also includes year-round recipes and party ideas. Still a bargain at only \$10! It also, makes a great gift. 100% of the proceeds stay local with the RMHCSC!

## Recycle That



You can support RMHCSC by donating unwanted items such as clothing, shoes, fashion accessories, linens, books, CDs, or DVDs in any Recycle That collection box. Find the big blue donation boxes all over

Colorado Springs at most McDonald's restaurants as well as behind our Ronald McDonald House. [www.recyclethat.com/](http://www.recyclethat.com/).

## Colorado Gives Day



Tuesday, December 8th, is a special day for all Coloradans. This online program provides timely and validated information about more than 1,000 Colorado charities and encourages year-round giving. RMHCSC is pleased to participate in this effort again this year. Join friends and family to "give where you live!" Check them out at [www.coloradogives.org/](http://www.coloradogives.org/).

## Donate Your Vehicle



It's child's play to help families of critically ill children during challenging times. Simply submit your contact information by completing our online form or by calling 855.227.7435. At no cost to you, we'll pick up the vehicle and tow it to the nearest auction location. The proceeds will stay local and you will likely qualify for a hefty tax deduction. Thank you for your support! Visit [www.OneCarHelpsRMHC.com](http://www.OneCarHelpsRMHC.com) for more information.

## Meet Heather Brewer: House Assistant

Graduating with a bachelor's degree in Social Work from the University of Kansas in May of 2015, Heather knew she wanted to make an impact in the lives of others. While in college, Heather's passion for volunteerism found her helping out at homeless shelters, grade schools, and youth treatment centers, to name a few. When her class began collecting pop tabs and preparing meals for the families staying at the Ronald McDonald House in Kansas City, Heather felt she was in the "right place". While growing up, her family had vacationed in Colorado Springs. Heather fell in love with the area and already had plans to move here after graduation, so imagine her delight when she saw our House Assistant job posting on a nonprofit website before she even left Kansas! House Manager, Cori, conducted the interview over the phone and was highly impressed. Heather moved here on Saturday and started working for us one week later!

Heather enjoys the dynamic nature of her job duties. She says, "I'm always doing something different, whether it's attending to the needs of our families or responding to the volunteers - it definitely keeps me on my toes!" Heather is excited to assist with both our new programs - Open Hearts (prayer team) and Bundles of Joy (baby showers for RonHouse families), as well as managing the meals program. After gaining extensive book knowledge at KU, Heather relishes her current real-life experiences with staff, volunteers, and families. "I want to keep learning and growing. I know this is where I'm supposed to be."



photo by Julie Anne Vinson

WELCOME, HEATHER! We're so glad you've joined our team!

## Gingerbread Village



The tradition of making gingerbread houses dates back to early 13th century Europe, when master bakers began to create large, intricate works of art with this fragrant dough. The Ronald McDonald House Charities of Southern Colorado is proud to carry on this rich heritage with the help of Chef Michael Paradiso and his culinary arts students from Pikes Peak Community College, again this year - our 6th Annual Gingerbread Village display at Chapel Hills Mall.

We will be open for public viewing beginning Friday, November 27th through Sunday, December 13th. It is our pleasure to share the Gingerbread Village with our remarkable community as a way to say, "Thanks for your ongoing support!" Join in the fun on the second floor, just outside Dillard's. Want to volunteer? Email [sam@rmhcsoutherncolorado.org](mailto:sam@rmhcsoutherncolorado.org). We hope to see you there!

## Share-a-Meal Program



After a long, stressful day, have you ever wished that you could arrive home to dinner already on the table? You can grant that wish for our guest families! Our Share-a-Meal Program eases the burden on families who don't have to spend time planning, shopping, cooking and cleaning - you are giving them extra time to be with their child who is healing in the hospital. Having one less worry is a valuable benefit to families who are focusing all of their energies on their sick child.

You don't need to be a world-class chef to provide a tasty, home-cooked meal. Volunteers like you make a tremendous difference in the

lives of families staying at our House. And the feeling you'll get from helping will feed your soul. Round up your friends, family, or coworkers, and share comfort and care by preparing dinner for the families staying at our House. It's a team-building activity with heart!

All meals must be prepared at the Ronald McDonald House or delivered from a restaurant or catering service. Volunteer groups plan the menu, purchase the food, cook and serve the meal, and clean the kitchen afterwards. It is one of the few activities at the House that offers volunteers the opportunity to interact with the families staying with us. Meal volunteers are invited to stay and enjoy the meal with our families.

The kitchen is the heart of every home. Being able to provide a hot meal each night is one of the most important ways we can help those we serve feel they are truly staying at their "home-away-from-home".

Interested in helping? Please contact Heather Brewer at 719.471.1814 or [Heather@rmhcsoutherncolorado.org](mailto:Heather@rmhcsoutherncolorado.org) to get your group on our Meals Calendar. We appreciate the help and thank you for your support!

# Ronald McDonald House Charities of Southern Colorado's Cornerstone Programs



## Ronald McDonald House

The doors opened to "The House That Love Built" at 311 North Logan Avenue in Colorado Springs, Colorado on February 14th, 1987. Since that time, our Ronald McDonald House has served 9,000 families with critically ill children who are receiving the best possible medical care at area hospitals. Primarily, families come from Southern Colorado, Northern New Mexico and Western Kansas. Staying at our House allows families to be just steps away from their seriously ill child. Studies show family centered care helps children heal faster and cope better. In addition, parents are able to stay connected to their child's medical team, understanding and keeping up with complicated protocols and treatment plans.

In 2014, **251 families** stayed at our Ronald McDonald House while their critically ill children were hospitalized.



## Ronald McDonald Family Room

When a child is critically or seriously ill, family and friends don't want to leave their bedside; as often, too much can change, and quickly. The Ronald McDonald Family Rooms located in Memorial Hospital, St. Francis Medical Center and inside the new Children's Hospital Colorado Outpatient Specialty Care location offer the needed amenities, allowing families and friends to be within steps of their hospitalized child. Open 365 days a year, 12 hours a day, the Family Rooms are staffed 100% by volunteers, who greet our guests into a warm, relaxing, home-like environment where they can relax and recharge. Amenities include comfortable seating areas, food and beverages, laptops with internet access, a kitchen, play room, resource library, private lockers and showering and laundry facilities.

In 2014, **1,684 families** were served by the Ronald McDonald Family Rooms.



## Ronald McDonald Care Mobile

Our Ronald McDonald Care Mobile is the World's first "green" Care Mobile. A collaborative partnership between Ronald McDonald House Charities of Southern Colorado and Peak Vista Community Health Centers, the Care Mobile's mission is "to provide exceptional health care to children and their families by reducing community-wide geographic access barriers." Our 40' Care Mobile travels to eight counties along the Front Range, providing both preventative and restorative medical and dental care to children 0-21 who are uninsured and underinsured.

In 2014, the Care Mobile provided medical and dental care **1,828 times**

## BUNDLES OF JOY



They prayed and they planned for a child. This young family was thrilled to learn they were expecting again - that their three year old boy would soon become a "big brother". *What they didn't know - or plan for - was that Eli would make his debut, just 26 weeks into the pregnancy.* When the life of your little one literally hangs in the balance, families need support. Bundles of Joy provides for the most basic needs for these families.

Weighing just 2 pounds, 1 ounce at birth, Mom, Kalilah, and Dad, Ryan, were thrilled their son was viable. Spending the majority of the next 84 days and nights at the hospital, they practiced 'kangaroo care' (skin on skin contact), with little Eli, bringing him health and healing. Leaning into their faith, Kalilah and Ryan were thankful for each moment with their small son.

Receiving support from family, friends and strangers was a huge blessing. Kalilah said, "We found friends at the Ronald McDonald House - we were able to connect with one another - supporting each other through difficult times."

Kalilah and Ryan knew Eli was a survivor -- and, survive, he has! The hole in his heart closed (without surgery) and Eli is now a bustling, curious one year old, moving around and discovering the world around him.

**Bundles of Joy** provides baby showers for our families for whom birth came much sooner than expected. Donations of needed baby items and/or resources are most appreciated by these families who often find they are unprepared to bring such a tiny one home.

Your donation of just \$5 pays for a newborn onesie, so our micro preemie babies stay warm and cozy when they leave the hospital to go home. A gift of \$100 covers the cost of an entire baby shower.

To learn more or to donate to Bundles of Joy, go to [www.rmhcsontherncolorado.org](http://www.rmhcsontherncolorado.org). You will find Bundles of Joy under the What We Do tab. Any and all donations are welcome and so appreciated.



## SUMMER BASH



What better place to celebrate providing a home away from home for 9,000 families with critically ill children hospitalized nearby over the past 28 years than at our spacious, homey Ronald McDonald House itself?

Volunteers, sponsors, supporters, neighbors, residents, former residents - and Ronald McDonald himself - were on hand July 18 for our annual Summer Bash. New addition this year: Bru, the House Dog, was in charge of greeting guests! Our sweet labradoodle is beloved by all.

Providing the goodies for the afternoon barbecue were cooks from the Ute Pass Kiwanis Club, volunteers from the Colorado Springs Kiwanis Club and the Pikes Peak Club, wine from Cheers Liquor Mart, beer from Bristol Brewing, and food from Sam's Club and Rudy's BBQ. Thanks to everyone who came out to celebrate summer with us! Hope to see you all next year!

## POP TAB COLLECTION

Little things can make a BIG difference! You can help support Ronald McDonald House Charities of Southern Colorado by collecting the little tabs you pull to open beverages, soup, or other aluminum cans. The funds generated from recycling these aluminum gems help offset the House's expenses. Collecting tabs is a great way to teach kids about philanthropy and the importance of recycling, and raise funds to help children and their families at the same time. Tabs can be dropped off at the House any day between 9am-7pm.

Pop tabs are a fun way for individuals, schools, churches, Scouts, and organizations to get involved! When you pull for the House That Love Built, you expand public awareness, raise money, and protect the environment. One pound = approximately 1,000 tabs. Charles Chinn, one of our most faithful monthly donors, carefully counts his pop tabs and brings them in when he hits 1,000. He has become an enthusiastic ambassador for us, inspiring his neighbors, medical providers, and other community members to start collecting tabs as well. Since 2013, Charles has donated over 22,000 pop tabs to our House. Thank you, Charles, and everyone else who helps make a difference for families and children by supporting this vital fundraiser!



## MAKING MAGIC HAPPEN



pictured Zoey and Miah

*“Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it’s the only thing that ever has.” -- Margaret Mead*

Kendra Larmour has her 6<sup>th</sup> graders read *Pay it Forward* - encouraging her

Challenger Middle School students to dig deeper – to find their passion, their voice and a place to volunteer.

Thrilled to be invited to share Ronald McDonald House Charities of Southern Colorado with her students, many were moved. One of them was Miah. A beautiful young girl with a gentle spirit, she let her tears fall as she shared about her parents staying at a Ronald McDonald House nine years ago. Her baby brother, Ender, was born with a heart defect. Sadly, Ender passed. The family’s hopes and desires of who Ender was (and who he would become) have not diminished, as they hold his memory dear.

After hearing about the families served by our cornerstone programs, Miah said, “When I learned about the House, something sparked. I knew helping families there was where my heart was needed.”

Of her life experiences, Miah said, “It has taught me to be the change I want to see in the world. After going through so much, everyone in my family has become a better person. We all want to help people whenever we can.”

Knowing her mom and dad received great care and support from staff and volunteers at the Ronald McDonald House, Miah suggested they spend a Saturday volunteering. They arrived with over \$100 worth of wish list items/supplies for families currently staying with us.

Miah assembled totes filled with much needed items for new families arriving at our House. In addition, she swept our porches and cleaned the front yard and Healing Garden. This dynamic young woman didn’t stop there. She organized the basement and kitchen pantries, sanitized doors and kitchen counters and vacuumed the main floor. Then, she and her family made dinner for our guest families, Miah said, “They were all really nice to me.”

Saying she wants to make a difference in the world, we all agree that *she already has*. Miah said, “I felt good inside,

knowing I played a small part. I worked hard for someone other than myself and it made a difference. I want to keep doing it.” Reflecting on her experience, Miah said, “After visiting the Ronald McDonald House, I realized the time and effort it takes to run your House. I saw firsthand how much the House relies on volunteers, and how much the families appreciate the support they receive. Staff and volunteers do so much to make it nice for the families.” She closed with, “The Ronald McDonald House makes life easier for families in need, so they can focus on their loved ones. They don’t have to worry about the normal little things because Ronald McDonald House takes care of them.” We are thrilled to see Miah realizing the impact of her caring. Kids helping kids. ***There’s magic found there!***

Out of respect for the privacy of our donors, we’ve chosen to not print names or amounts given.  
Please know we are so appreciative of every gift!

### Memorials

October 15, 2014 - March 15, 2015

Doc & Norma Taylor in memory of Bill Wesbrooks	Anne Swisher in memory of Christine Ann Walker
Beverly Carter in memory of Grace Ryan	Walt & Barbara Michaels in memory of Christine Ann Walker
Curt Croom in memory of Nancy Croom	Theodore & Judith Staskiewicz in memory of Christine Ann Walker
Lila Steyert in memory of James Holley	Barbara Maroney in memory of Eileen Maroney
Lila Steyert in memory of Helen Swanzy	Mary Mayes in memory of Justin Kalas
Lila Steyert in memory of James Holley	Jim Mayes in memory of Justin Kalas
Willis & Janene Shuey in memory of Jared Shuey	Jeanette Ciccone in memory of James Ciccone
Thomas Shuey in memory of Jared Shuey	Marion Werner in memory of Carly Yocam
Charlotte Keeney in memory of Bob & Mike Keeney	Reuben Burr in memory of Jacob & Anna Peter
William & Norene Piquette in memory of Sandra Marie Chasta	Dallas Cooley-Gartner in memory of Sterling Michael Davis
Mary & Edward Sather in memory of Bill Stallworth	Lynola DeDual in memory of Sterling Michael Davis
Edward & Anne Engel in memory of Christine Ann Walker	

### Tributes

October 15, 2014 - March 15, 2015

Grant & Linda Holt in honor of Morrigan Holt	Mary Petzold in honor of Abby Petzold Blessing
Carol Martin in honor of Wyatt J. Beisner	



**Ronald McDonald House  
of Southern Colorado**  
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## *Our Mission:*

Ronald McDonald House Charities of Southern Colorado (RMHC)  
lifts children and Families in need  
to a better tomorrow.



### IN SUPPORT OF OUR MISSION, RMHCSC PROVIDES:

- ♥ The Ronald McDonald House - a "home-away-from-home" for Families of seriously ill children receiving medical treatment nearby.
- ♥ The Ronald McDonald Family Rooms - retreats inside Children's Hospital Colorado at Memorial Hospital, Children's Hospital Colorado Outpatient Specialty Care and St. Francis Medical Center where Families receive respite and regain their energy while remaining near their hospitalized child.
- ♥ The Ronald McDonald Care Mobile - a mobile medical and dental clinic serving children and Families in the Pikes Peak Region, in partnership with Peak Vista Community Health Centers.