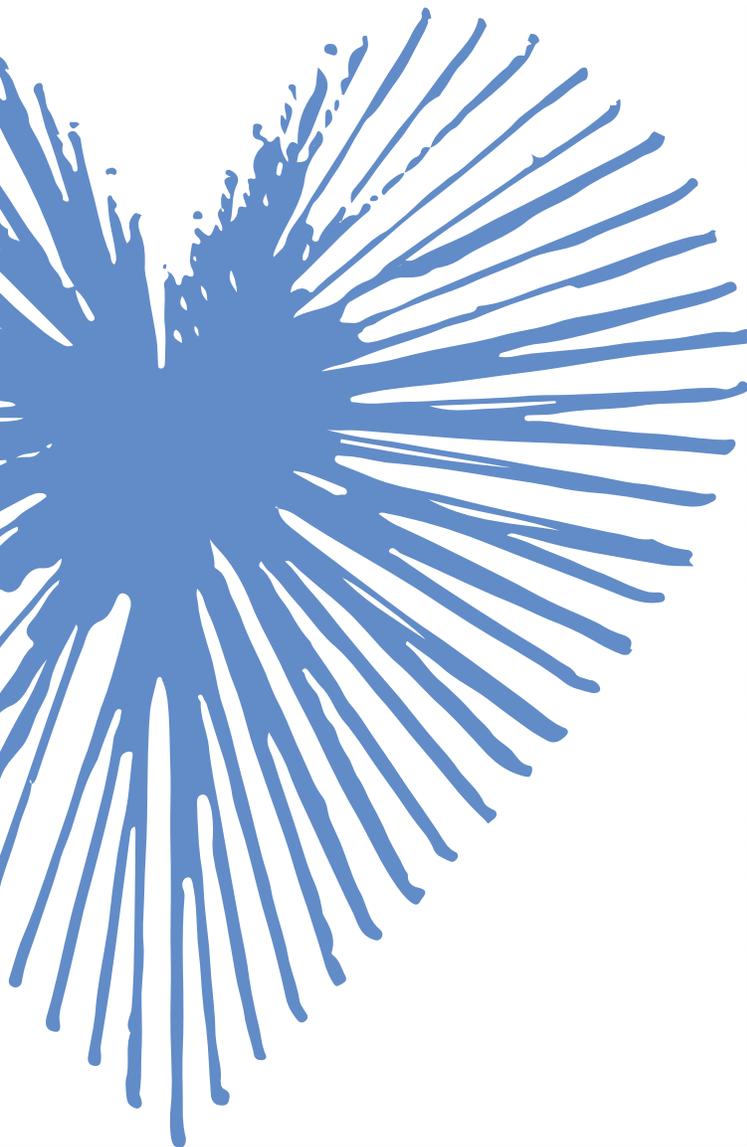


# Heartstrings

Summer 2018



"Because a mother's arms are *home* no matter where you are."



Ronald McDonald  
House Charities®  
of Southern Colorado

# 26th Annual Cameron Memorial Golf Tournament



On Monday, July 30, RMHCSC will host the 26th Annual Cameron Memorial Golf Tournament and Pre-Tourney Celebration at The Broadmoor. This fun event, ranked one of the top three tournaments in our community, is our largest annual fundraiser. It's made possible because of our many generous community sponsors and donors.

**When**  
7/30/2018

**Location**  
The Broadmoor

**Tee Times**

- 7:30AM (6:00AM registration and Continental Breakfast)
- 1:00PM (Noon registration)

Players will receive gifts, goodie bags and team photos

**Presenting Sponsor**  
Children's Hospital Colorado,  
Colorado Springs

# Cared For and Loved



"In my head, I always thought you leave the hospital with your baby – you go home and you become a family."

That wasn't how it worked for Meera and Jared with their newborn son, Korbin.

Born Thanksgiving Day at just 32 weeks gestation, Korbin weighed 2 pounds, 15 ounces. For one so small, his fighting spirit was mighty.

Meera and Jared became best friends when they were both enrolled at Mesa State College. Soon, the two began dating and married five years later.

Thrilled (and a bit surprised) to learn they were expecting, Meera and Jared began to dream about what becoming a family would look like.

For the majority of her pregnancy, Meera was living that dream.

The young couple was taken aback when they went to Parkview Medical Center and learned that Meera was in pre-term labor. Able to stave off her labor for a week, she was transported from Pueblo to UCHHealth, Memorial Central. Doctors initially stopped her labor and then allowed it to progress, instead of risking infection to their unborn son.

Feeling scared and overwhelmed, Meera and Jared were happy to learn about our Ronald McDonald House the morning after Korbin was born.

"We had never heard of a Ronald McDonald House before." Meera said, "I didn't even know what it was." She added, "Learning about your House was news from the Heavens, as we were told Korbin would be in the NICU for some time, and we wondered how we could make it all work."

*"It was so nice to have a place to stay that was so close, allowing me to be with Korbin as much as he needed – and as much as I needed, too." -Meera*

Korbin was fighting for every breath in the NICU, "When I first arrived at your House, I couldn't stop crying. I was in a zone and not with it. Bru (the House dog) came up and put his head in my lap. Then Laura (the House Assistant) came and just sat with me. It really was so healing. Everyone was kind and supportive. It was a totally different atmosphere at your House." Meera said.

Jared said, "I was happy to learn a place like this existed. I needed to make sure Meera was alright when I would go back to Pueblo for work." He added, "I knew this would take more of a toll on her than anyone else. Being at your House with the other families, staff and volunteers was such a help." He added, "Your House was a safe place where we could rest. Everyone was welcoming, and we were treated like family."

"When you say, 'Keeping Families Close', it means more than just keeping families close to the hospital, it also means keeping them close to each other. To have a private place where Jared and I could stay together within feet of Korbin helped us all to feel safe." Meera said.

"When Jared would come on the weekends, your staff knew him. They knew Korbin. Your team staying current meant I didn't have to start our story at the beginning each time we were asked about Korbin." Jared said, "For them to remember everything about every family was amazing!"



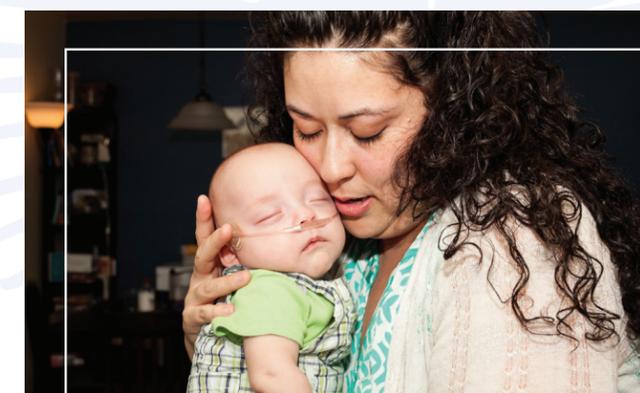
After 53 days in the hospital, Korbin was discharged and their family got to go home.

Reflecting back on their time with us, Meera said, "Everything planned by the House raised our spirits, from special meals at Thanksgiving and Christmas, to Christmas gifts for each of us, a party with Santa Claus and even a Christmas Store – it was amazing." She added, "We felt cared for and loved." Jared said, "From now on, every Thanksgiving, we will remember your House as it is near and dear to our hearts, remembering when Korbin was born and feeling so thankful for you all."

Korbin still had battles to overcome. While at home in Pueblo, he experienced some set-backs and our House once again became "home" for Meera and Jared.

During baby Korbin's two-week stay at UCHHealth, Memorial Central, his parents were able to remain at his side.

We are happy to report Korbin is now thriving. He is off his oxygen and weighed 13 pounds at his four-month check-up. Way to go, Korbin!



# Capital Campaign



Since opening its doors in 1987, Ronald McDonald House Charities of Southern Colorado has provided thousands of families a "home base" while local medical facilities care for their critically ill or injured child. After 30 years, we've outgrown our existing Ronald McDonald House® and need to expand to accommodate the growing demand for our services.

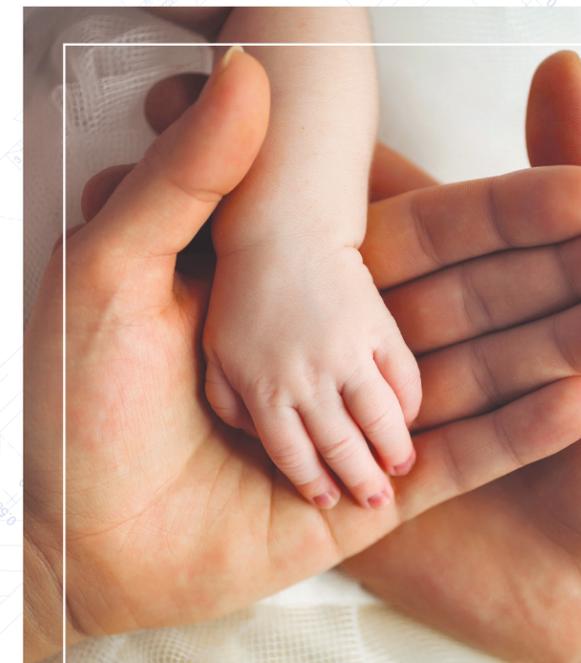
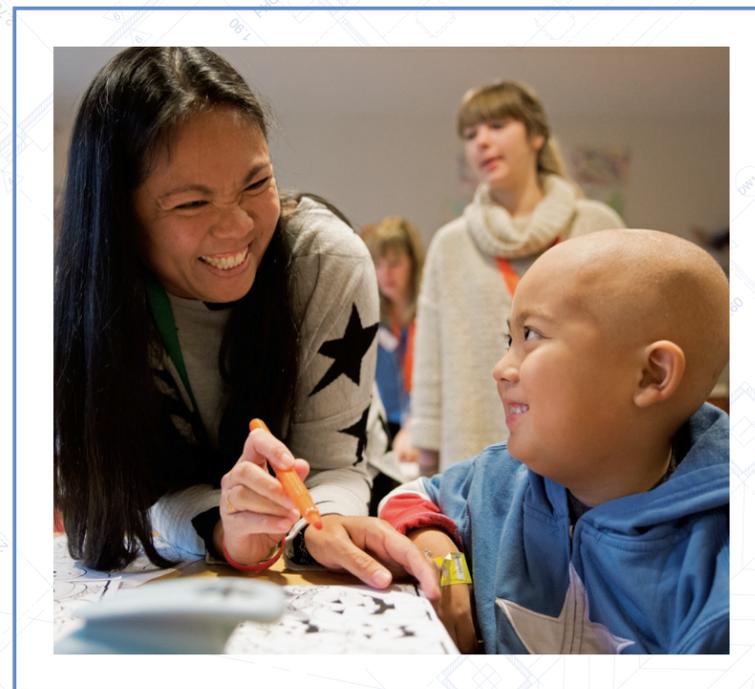
Last year, 322 families stayed at our House, coming from 2 countries, 7 states and 27 counties; and

the average stay was 8 days. We expect those numbers to significantly rise in the next few years, due to the opening of the new Children's Hospital Colorado, Colorado Springs.

To meet the growing need, our plan is to build hope with a new 25,000 square-foot House in northern Colorado Springs, that quadruples our guest room capacity, provides improved amenities to help make our families as comfortable as possible, and adds space for future expansion.

To accomplish this, we have launched a Capital Campaign—the first in our history—to raise \$10 million. Thanks to generous donors just like you, we've already raised nearly \$4 million in pledges and support, but we haven't yet reached our goal.

Your donation to our Capital Campaign will keep families near the resources they need to thrive, allow them to stay together and result in less stress, with a lot more comfort. Donate to our Capital Campaign now, and help us help the families who need us. We can't do it without you.



## Ways to Support



### Room Adoptions

Did you know that there is a way to become a permanent, tangible part of our new Ronald McDonald House? When you adopt a room, you make it possible for us to plan the room, build it, and furnish it. You choose which room you want to help us build.

You can choose one of our two kitchens, the lobby or the playroom, a teen room, one of 20 bedrooms, or the laundry room. Even the elevator needs to be adopted! The room you adopt will feature a plaque with your name or the name of your business. Room adoption costs start at \$7500.

### Naming Tiles

You can also purchase a naming tile that features you or your business to be placed in the garden of the new House. Tiles start at \$250.

### Other Ways to Give

We gratefully accept cash, pledges, appreciated stock, and trusts.

No matter how you choose to give, you will leave a lasting impression upon the families who stay at our new House. It's a great way to promote your business and leave a permanent legacy--you were the cornerstone of success for the new Ronald McDonald House of Southern Colorado.

### Need More Information?

Visit [buildinghopetogether.org](http://buildinghopetogether.org) or contact Sam at [sam@rmhcsoutherncolorado.org](mailto:sam@rmhcsoutherncolorado.org).

# Cornerstone Programs



## Ronald McDonald House®

We believe that when families are together, they are stronger. We believe in keeping families near the care and resources they need to thrive. We believe that seriously ill children should have their parents and family close by.

Our Ronald McDonald House offers a warm, safe, nurturing environment for families of seriously ill and injured children. Many families travel far from home to get specialized care, and our House serves as a home base for families whose children are receiving critical treatment at nearby medical facilities.

By staying at our Ronald McDonald House, parents can better communicate with their child's medical team, remain close to their children, and keep up with complicated treatment plans. They can focus on the health of their child, while having a place to stay nearby at little or no cost.

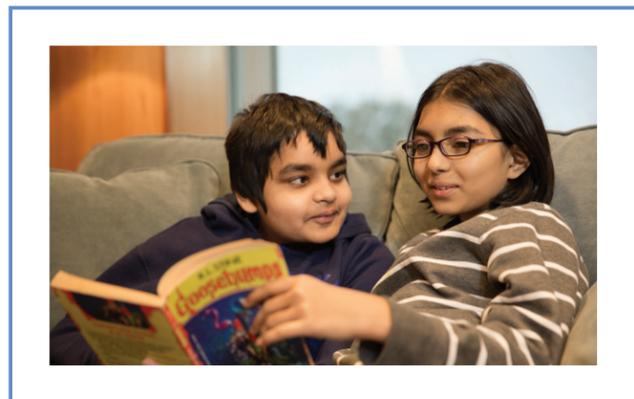
All guests enjoy private bedrooms, home-cooked meals, play areas for children, gardens, laundry facilities, and friendly, caring staff and volunteers.

Our Ronald McDonald House is more than just a House. It provides comfort, support and resources

to families facing the stress, fear and hardship of having a seriously ill child.

## Ronald McDonald Family Room®

When a family enters a Ronald McDonald Family Room, they forget they're in a medical setting. Moments away from their child's bedside, the rooms are designed as a refuge for families to rest and recharge, keeping them strong for their children. These comfortable spaces provide a variety of homelike amenities, and can be found in UCHHealth Memorial Hospital - Central, St. Francis Medical Center and Children's Colorado Urgent and Specialty Clinic.

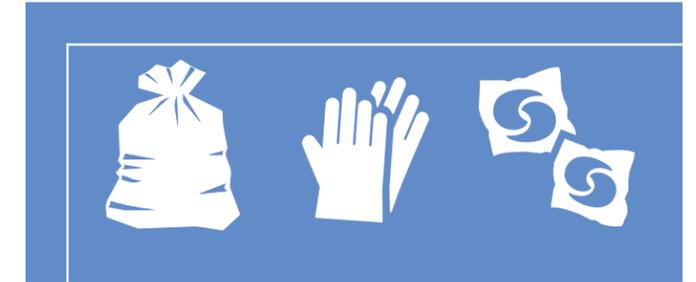


# House Wish List



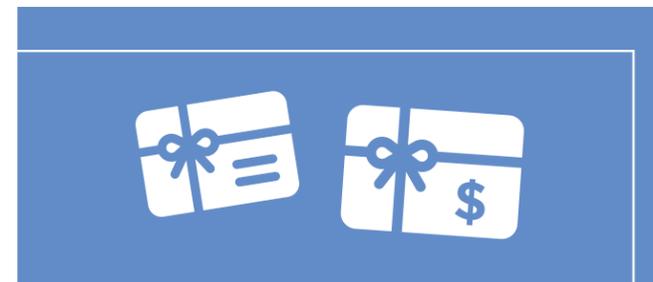
## Food

- ✓ Chips - Single Serve
- ✓ Mac & Cheese - Singles
- ✓ Granola Bars
- ✓ Pop Tarts
- ✓ Cereal - Single Serve
- ✓ Fruit Snacks



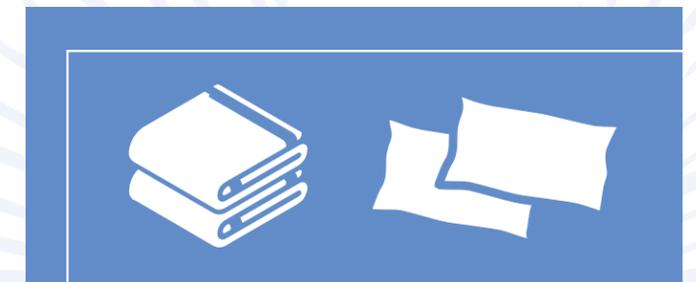
## Household Items

- ✓ Powdered Laundry Detergent
- ✓ Food Handling Gloves
- ✓ Tall Kitchen Trash Bags
- ✓ Dishwasher Tablets
- ✓ Small Trash Bags
- ✓ Clorox Wipes



## Gift cards

- ✓ King Soopers
- ✓ Target
- ✓ Walmart
- ✓ Lowe's
- ✓ Home Depot



## Linens

- ✓ NEW Queen Flat & Fitted White Sheets
- ✓ NEW Twin Flat & Fitted Gray Sheets
- ✓ ALLEREAZE Zippered Pillow Covers



**Ronald McDonald  
House Charities®**  
of Southern Colorado  
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Colorado Springs, CO 80909

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Permit #816

# Volunteer Information

A strong foundation of volunteers support Ronald McDonald House Charities of Southern Colorado. Our volunteers' gifts of love and compassion make our House more than just a place to stay, they make it a home. We offer individual, pair and group volunteer opportunities at the House and at the Family Rooms. Our volunteers help with office work, preparing and setting out snacks and drinks, greeting guests, tours, housekeeping and a host of other activities.

All volunteer positions require a RMHC volunteer application, and most also require a background check. Some, like Children's Hospital Colorado, Colorado Springs, may require additional applications and background checks.

## Meals That Mend

You can also help by contributing meals for families staying at our House through our *Meals That Mend* program. There are a variety of ways to participate.

- Provide a meal on a one-time or recurring basis
- "Freezer Edition"- Cook a freezer meal that we can use later
- "Adopt a Meal"- Make a donation and then we will plan the meal, shop for the ingredients and make the meal
- Donate gift cards from local grocery stores
- Pick up a pre-made meal from a grocery store or order a meal from a local restaurant



To volunteer or find out more, please visit our website at [rmhcsoutherncolorado.org](http://rmhcsoutherncolorado.org).