

# YOUR IMPACT MATTERS

*Ways to Get Involved  
and Stay Connected*

**Ronald McDonald House  
Charities of Southern Colorado**



**RMHC**<sup>®</sup>  
of Southern Colorado

# Volunteer with RMHCSC

Ronald McDonald House Charities of Southern Colorado (RMHCSC) is dedicated to keeping families and their critically ill children together while providing essential care and support when it matters most. In times of crisis, a child's place is with their family, and we make sure they can be there. Our volunteers play a crucial role in our compassionate mission. We're grateful for your desire to partner with us.

This booklet outlines ways to volunteer with RMHCSC. Opportunities range from occasional to recurring commitments and are available for both individuals and groups. Some roles are open to volunteers as young as 10, while others require participants to be at least 16 or 18 years old.

Whether you're new to volunteering with RMHCSC or looking to deepen your involvement with us, we hope you find opportunities that align with your passions and talents, helping you make a meaningful impact.

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# CORE VOLUNTEERS



Core volunteers are crucial to the daily operations of our House, Family Room, and Hospitality Cart. They ensure that programs run smoothly and maintain the high level of care we offer our guests.

Core volunteers are at least 16 years old (18 years old for the Family Room and Hospitality Cart) and have completed our comprehensive onboarding process. This includes a volunteer application, orientation, mandatory forms, and training.

They commit to volunteering once a month for a shift, as part a volunteer team, or both.

**Scan the QR code to complete a Core volunteer application.**



## House Volunteers

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House volunteers serve either at reception or in guest services roles for four-hour shifts.

They make our House a warm environment by cleaning, organizing, answering our phone, welcoming guests, accepting donations, checking families in and out, and other duties.

**Location:** The Ronald McDonald House (4223 Royal Pine Drive)

**Schedule:** Four-hour shifts are available seven days a week.

**Requirements:** Must be a Core volunteer aged 16 or above who volunteers with RMHCSC at least once a month.

**Contact:** Michele Heath – [michele@rmhcsoutherncolorado.org](mailto:michele@rmhcsoutherncolorado.org)

## Family Room Volunteers

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Family Room volunteers serve for three- to four-hour shifts and act as a host/hostess to families. They greet guests, manage sign-ins, provide tours, replenish items available to guests, answer the phone, and more.

**Location:** The Ronald McDonald Family Room located inside Children's Hospital Colorado (4090 Briargate Parkway)

**Schedule:** Three- to four-hour shifts available seven days a week.

**Requirements:** Must be a Core volunteer aged 18 or above who volunteers at least once a month. Must volunteer for at least six months and have standard and seasonal flu vaccinations.

**Contact:** Michele Heath - [michele@rmhcsoutherncolorado.org](mailto:michele@rmhcsoutherncolorado.org)

## Hospitality Cart Volunteers

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Hospitality Cart volunteers serve for four-hour shifts. They bring comfort to outpatient patients, families, and staff through a giant rolling cart. The cart travels through all the waiting rooms offering drinks, snacks, and toys.

**Location:** Inside Children's Colorado Outpatient Care at Briargate, Colorado Springs (4125 Briargate Parkway)

**Schedule:** Four-hour shifts are available from 7:30 AM to 11:30 AM, Tuesday through Thursday.

**Requirements:** Must be a Core volunteer aged 18 or above who volunteers at least once a month. Must commit to volunteer for at least six months. Must have standard vaccinations plus a seasonal flu vaccine.

**Contact:** Michele Heath - [michele@rmhcsoutherncolorado.org](mailto:michele@rmhcsoutherncolorado.org)

# VOLUNTEER TEAMS

Several dedicated volunteer teams handle a variety of crucial tasks so that together we can provide essential care and support when it's needed most. **Volunteer teams consist of Core volunteers aged 16 and above who are committed to volunteering with RMHCSC at least once a month. See page 2 for more information on becoming a Core volunteer.**



## Administrative Team

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Assist with data entry, scanning, filing, and other light administrative duties.

**Schedule:** Varies. Approximately 1 hour.



## Birthday Baking Team

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Bake and decorate cupcakes for House guests having a birthday.

**Schedule:** Varies. Up to 2 hours.



## Donations Sorting Team

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Sort incoming donations and store them in appropriate storage areas.

**Schedule:** Weekly as needed. Up to 2 hours.



## Events Team

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Support fundraising events, third-party events, and community outreach events.

**Schedule:** As needed. Time commitment varies.



## Family Advisory Council

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Plan and carry out activities that serve our guest families.

**Schedule:** Varies. Monthly meetings and activities.



### Flower & Cookie Donations Pickup Team

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Pick up donated flowers from Trader Joe's and donated cookies from Crumbl and deliver to the House.

**Schedule:** Wednesdays at 9 AM. Approx. 1 hour.

*\*Driver must be at least 25 years old, provide proof of auto insurance, and sign a Driver Safety Policy.*



### Floral Team

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Groups of 3-5 volunteers arrange flowers for display throughout the House.

**Schedule:** Wednesdays at 9:30 AM. Approx. 2 hrs.



### Gardening Team

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Keep our grounds beautiful and free of weeds. This includes seasonal planting, anytime weed pulling, sweeping, and more.

**Schedule:** Varies as needed.



### Group Ambassador Team

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Serve as a liaison between the House Coordinator and Group volunteers by checking them in and out, giving a tour, giving instructions, and answering questions.

**Schedule:** Varies. Approx. 2.5 hours.



### Guest Room Cleaning Team

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Work alone or pair up and follow a detailed checklist to prepare guest rooms for incoming guest families. Tasks include cleaning and restocking the guest rooms.

**Schedule:** As needed. Approx. 2 hours per room.



## Holiday Planning Committee

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Create a fun and meaningful holiday party and holiday store for House families and those referred by the hospital.

**Schedule:** As needed October – December.



## House Decorating Team

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Decorate the House interior for holidays and events.

**Schedule:** Varies. Greatest need late Nov & early Jan.



## Language Translation Team

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Translate for foreign language speaking guests.

**Schedule:** As needed, on-call.



## Laundry Team

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Unpack and store clean linens for our guest rooms.

**Schedule:** Tuesdays and Fridays. Approx. 1.5 hrs.



## Maintenance Team

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Keep the House safe and in good condition by completing various repairs and general upkeep.

**Schedule:** As needed.



## Meal Pick Up Team

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Pick up donated or preordered meals from local restaurants and deliver them to the House.

**Schedule:** Monthly. Approx. 2 hours.

*\*Driver must be at least 25 years old, provide proof of auto insurance, and sign a Driver Safety Policy.*



## Meal Preparation Team

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Alone or with others, plan and cook a meal using items from the RMHCSC freezers and fridges.

**Schedule:** Varies monthly. Duration depends on the menu.



## Musical Team

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String or woodwind instrument musicians (solos, duets, or trios) play music for our guests during dinner. Musical team members do NOT have to be Core Volunteers. Contact Heather Gannaway at [heather@rmhcsoutherncolorado.org](mailto:heather@rmhcsoutherncolorado.org).

**Schedule:** Saturdays at 6:00 PM. Two hours plus setup and tear down.



## Pop Tab Recycling Team

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Pick up 50-gallon bins full of pop tabs from the House and deliver them to Koskove Metals, then return empty bins to the House. SUV, van, or pickup truck required.

**Schedule:** Monthly. Approx. 2 hours.

*\*Driver must be at least 25 years old, provide proof of auto insurance, and sign a Driver Safety Policy*



## Shuttle Driving Team

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Use our RMHCSC van to transport families between the House and local hospitals, clinics, and stores within 10 miles.

**Schedule:** Varies depending on guest need. Approx. 1 hour between 9:30 AM and 8:00 PM.

*\*Driver must be at least 25 years old, sign a Driver Safety Policy, and provide copy of auto insurance declarations page, motor vehicle record, and driver's license.*



# MEALS THAT MEND

**Provide a balanced and nutritious dinner to our guests.**

## Program Overview

- Up to 8 people provide and serve dinner to our House guests.
- The minimum volunteer age is 10 years old. Volunteers aged 10–15 must be supervised by an adult volunteer.
- Everyone in our community is welcome to participate—there’s no need to be a Core RMHCSC volunteer.
- Meals must be made at our House or in a commercial kitchen.
- Plan to serve at least 40 people. You'll receive an estimated headcount 5–7 days before, and a final count 2–3 days prior.
- Meals include a protein, vegetable (not salad), and a starch.
- Dessert, salad, and drinks are optional.
- Meal prep clean-up must be completed by 6 PM.
- Dinner must be ready to serve at 6 PM.
- Dinner is served from 6–8 PM.
- You are invited to stay to serve our families and/or help with putting leftovers away and cleaning up after dinner.

## Ways to Provide a Meal

- Prepare the meal at the House to be served that night or make a freezer meal for later. We provide the kitchen and cookware; you supply new, unopened ingredients.
- Cater a meal. Deliver it or have it delivered.
- Donate money or a gift card to the Meals that Mend program to purchase meals when we lack a provider or freezer meal.

## How to Sign Up



- Visit [tiny.cc/Meals\\_That\\_Mend](https://tiny.cc/Meals_That_Mend) or scan the QR code.
- Questions after visiting the link? Email Lourdes Stern at [lourdes@rmhcsoutherncolorado.org](mailto:lourdes@rmhcsoutherncolorado.org).



# BAKING

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**Make yummy treats for our guest families to enjoy all day, every day!**

## Program Overview

- Up to 8 people can bake desserts for our House guests.
- The minimum volunteer age is 10 years old. Volunteers aged 10–15 must be supervised by an adult volunteer.
- Everyone in our community is welcome to participate—there’s no need to be a Core RMHCSC volunteer.
- Preparation of homemade baked goods must be done at the Ronald McDonald House.
- We provide the kitchen and cookware. You supply the new, unopened ingredients.
- Reserve the kitchen for up to two hours to bake on select days.
- You can bake anything you’d like, although cookies, dessert bars, and brownies are the most popular.
- Pre-made desserts that were prepared in a commercial kitchen can also be purchased and delivered in their unopened package.

## How to Sign Up



- Our baking calendar is updated weekly as the kitchen becomes available.
- View the calendar at [tinyurl.com/BakingRMHCSC](https://tinyurl.com/BakingRMHCSC) or by clicking on the QR code.
- After looking at the calendar, reserve a date by emailing [heather@rmhcsoutherncolorado.org](mailto:heather@rmhcsoutherncolorado.org).
- If you have questions after visiting the calendar, email Heather Gannaway at [heather@rmhcsoutherncolorado.org](mailto:heather@rmhcsoutherncolorado.org).

# GROUP VOLUNTEERS

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Group volunteers consist of 10 or fewer participants who assist with various tasks at our House. After a tour, the group works on projects like deep cleaning, organizing, yard work, and special assignments. Groups volunteer for up to two hours.

**Requirements:** The minimum volunteer age is 10 years old. Volunteers aged 10–15 must be supervised by an adult volunteer. Up to 10 people.

**Contact:** Lourdes Stern – [lourdes@rmhcsoutherncolorado.org](mailto:lourdes@rmhcsoutherncolorado.org)

# SERVICE HOURS VOLUNTEERS

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Individual students can earn service hours for school or service clubs by assisting with deep cleaning or special projects for one to two-hour shifts. An additional hour can be earned by donating items from our wish lists (\$15+).

**Requirements:** Students between the ages of 10–15 must be accompanied by a parent or guardian.

**Contact:** Lourdes Stern – [lourdes@rmhcsoutherncolorado.org](mailto:lourdes@rmhcsoutherncolorado.org)

# WISH LISTS

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Scan the QR code to view our wish lists on Amazon, Target, and more. These items help families at our House and at the Ronald McDonald Family Room at Children’s Hospital Colorado, Colorado Springs. Donations can be shipped or dropped off at the Ronald McDonald House (4223 Royal Pine Drive) from 9:30 AM to 8:00 PM daily.

**Contact:** Heather Gannaway – [heather@rmhcsoutherncolorado.org](mailto:heather@rmhcsoutherncolorado.org)

# MAKE A DONATION

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Since 1987, Ronald McDonald House Charities of Southern Colorado has helped families to feel at home – even when they can't be. Whether staying for one night, over the course of weeks, months or even years, no one has ever received a bill from their time at the Ronald McDonald House.



**Scan the QR code to make a donation.**

Regardless of size, every donation matters.

Should you choose to give, please know that your dollars will stay local and directly support our mission. We provide essential services that

remove barriers, strengthen families, and promote healing when children need healthcare.

We couldn't do the important work of keeping families together without the generous support of our community.

We are so very grateful.

# SPREAD THE LOVE!

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**Please like and follow us on social media.**



[facebook.com/rmhcsoco](https://facebook.com/rmhcsoco)



[instagram.com/rmhcsoco](https://instagram.com/rmhcsoco)

Please share our posts and wish lists on social media, and please spread the word about our needs with your friends, family, coworkers, neighbors, and community.

For families facing unexpected medical challenges, knowing they're not alone and that caring people are there for them truly lifts their spirits. Thanks for considering how you can help!