



Ronald McDonald
House Charities®
Ann Arbor



HOPE AWAY FROM *Home*

Fall 2019

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Our Mission

The mission of the Ronald McDonald House Charities Ann Arbor is to provide a "home away from home" for families of children experiencing a serious illness or injury requiring hospitalization.



Twice Blessed

June 20, 2018, at 5 a.m. was like any other day as Bethany Goehmann and her husband Glenn woke up to get ready for work. Then everything changed. Bethany, who was 34 weeks pregnant with twins unexpectedly went into labor. They rushed to the hospital more than an hour away.

By 7:15 a.m., the first twin, Vivienne, made her appearance, but little Violet did not. There was a complication requiring a C-section delivery. Both babies were whisked away by NICU teams, and the new parents were anxious and concerned when they were not able to see the girls until late in the afternoon.

For the next few days, while the babies were in the NICU, Bethany and Glenn were able to stay at the Mott House, RMHCAA's "House within the Hospital." Located on the 10th floor of C.S. Mott Children's Hospital, it allows parents and caregivers to be steps away from the NICU and ICU. Bethany says what she remembers most is the quiet. "It was so nice, clean, dark and quiet. I could sleep," she said.

Then Bethany was admitted to the hospital. She was having trouble breathing and a cardiologist was called in after tests showed there might be something wrong with her heart. Several tests later, she was diagnosed with a rare heart condition. Bethany's birthday came and went while she was in the hospital. She says the nurses and doctors gave her cards and a cupcake because, "They felt so sorry for me."

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Twice Blessed (Continued from previous page)

When she was discharged, Bethany went back to staying at RMHCAA's Mott House. The twins were out of the NICU and on a moderate care floor. Glenn was back and forth between the hospital and their home where their other children, 2-year-old Esther and 3-year-old Asher, were being cared for by Bethany's mother.

But then Violet was not doing well. She was jaundiced and kept needing more oxygen, so she was moved back to the NICU. Violet was diagnosed with hemolytic anemia and received a blood transfusion. Bethany and Glenn constantly feared they were going to lose her.

After a second blood transfusion, Violet's condition started to improve. On July 12, Vivienne came home and a few days later Violet was discharged. Today, the one-year-old twins are doing well.

This year, Bethany got to celebrate her birthday and did it by holding a small event to support RMHCAA. She and Glenn hosted a wine tasting for friends and family and accepted donations and WishList items for the House. Bethany was happy they were able to do something to support other families who are in the same position they were in last year and to show their appreciation for the support they received.

A Letter from the Executive Director



Fall is a wonderful time of transition – football games, cider mills and cooler temperatures – it is one of my favorite seasons. It is a time of transition for RMHCAA as well – new Board leadership and members, new volunteers and staff, all preparing plans for the future.

As we take the time to reflect and plan our future, the RMHCAA Board of Directors and Staff are looking at the best ways that we as an organization can make an impact on the families we serve. Our singular focus is supporting each and every family member that walks through the door of one of our Houses and relieving their stress while they focus on their child's health. We are also strategically looking at the steps we need to take to ensure we can serve as many families as possible in the years to come.

Our mission is only possible through the careful planning of our teams and through the support of our community. As you read through this newsletter, you will see there are many ways that you can make an impact and help the families at RMHCAA. If you haven't already, I hope you will consider one of the opportunities to help make a family feel supported during the most difficult time in their life – when their child is ill.

In the words of one of our families:

"We have stayed at RMH Ann Arbor 3 times. We cannot express how thankful we are. Our oldest son is 2 yrs. and has a critical heart condition. It is very difficult seeing him struggle, but being able to stay close by and have a bed and shower available is a great comfort."

From all of us at RMHCAA and the families we serve, thank you for your support!

How Do You Want to Hear from Us?

RMHCAA is working hard to update our database. There are many reasons for the update, but the primary one is to save donor dollars from being spent on mailings, making us leaner and greener. We would like to know how you want us to communicate with you. Do you want your acknowledgment letters and receipts sent via email or US mail? Please email us at ThankYou@rmhcannarbor.org and let us know!



Hospitality a la Carte Celebrates One Year

Last fall, the Hospitality a la Carte program was debuted as an additional way for RMHCAA to support families and make their time in the hospital a little more comfortable. The Carte began operations by circulating one day of the week on one floor at C. S. Mott Children's Hospital. A year later, as more volunteers have been recruited and trained, it now operates three days a week on three hospital floors. The ultimate goal for the Hospitality a la Carte is for it to be in operation five weekdays, visiting all floors.



Staffed by RMHCAA volunteers, the Carte offers comfort care items such as personal hygiene supplies and toiletries, slippers, socks, flip flops, water bottles, insulated drink cups, journals, puzzle books and more. The program is designed to serve families who spend hours in the hospital without leaving their child's room or bedside.

"When one of our volunteers recently visited a room with the Hospitality a la Carte, the patient's mother came into the hall. When she was told the items on the carte were for parents and caregivers, she was overwhelmed. With tears in her eyes, she told the volunteer it was her birthday and it meant so much that someone cared to give her something."

-Stacy Laho, RMHCAA Volunteer Coordinator

The Carte program is supported through monetary donations. Initial funding was provided through a generous donation made by the Stein Family. RMHCAA also accepts donations of items for the Carte. A WishList of items needed for the Carte can be found on our website.

Response to the program has been overwhelmingly positive! Our Hospitality a la Carte and its volunteers bring a little

comfort to parents and caregivers when they need it the most. *If you are interested in volunteering or donating to the Hospitality a la Carte program and expanding its service, please contact RMHCAA's Volunteer Coordinator, Stacey Laho at slaho@rmhcannarbor.org.*

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www.facebook.com/RMHCAnnArbor

Gifts to *Feel Good* About

Opportunities for giving and supporting RMHCAA

Holiday Catalog

Here are some suggestions of gifts to feel good about that benefit and support the families of *Ronald McDonald House Charities Ann Arbor*.

Adopt A Room from your family to one of ours!

With a gift of \$2,500, you can Adopt A Room for the year and provide families with a private bedroom and bathroom, laundry facilities, transportation, meals, and play area. Make the donation in your family's name and make it a gift you can all enjoy. **For more information, contact Julaine LeDuc at jleduc@rmhcannarbor.org or call (734) 998-6532.**



Give a gift of time!

Gather your family, friends or co-workers together and make a meal for the families at our Main House. Through our dinner group program, we strive to provide a home-cooked meal for families every day. **For information, visit our website or contact Stacey Laho at slaho@rmhcannarbor.org.**

Make a Donation to the Ronald McDonald House Charities Ann Arbor in any amount in someone's name as a holiday gift.



\$25 provides coffee for our families for one day.



\$50 helps to purchase fresh towels for one guest room.



\$100

will pay for a night's stay at one of our two Houses for a family.



\$250

underwrites the cost of a dinner for our families





Spread some holiday cheer!

Buy toys to donate to our Holiday Shop. The Holiday Shop enables families to have gifts to give other family members for the holidays. Volunteers set up a "store" where family members can select age appropriate gifts and have them gift wrapped for holiday giving. **Donated items must be new and unwrapped. Deadline for Holiday Shop donations is December 13.**



Donate with a QCD

A qualified charitable distribution (QCD) is a distribution from an IRA made directly to a charity. Owners of IRAs who are at least 70 1/2 years of age can contribute some or all of their IRAs to charity, while excluding the distribution from taxable income. **For more information on the benefits of a QCD, talk to your financial advisor or contact Julaine LeDuc at jleduc@rmhcannarbor.org or (734) 998-6532.**

Organize a WishList collection among your family or coworkers.

Instead of exchanging gifts, collect items from our WishList of things needed to stock the pantry with items that are often used by our families. **Find the WishList on our website at rmhcannarbor.org.**

Donate stocks or airline and hotel points.

Donating stocks to RMHCAA provides some tax benefit to the donor (please check with your financial advisor). Donating airline or hotel points helps us assist families in traveling when necessary to go back home or to get family members to the hospital or RMH House in emergency situations. **To make a donation, contact Julaine LeDuc at jleduc@rmhcannarbor.org or call (734) 998-6532.**



Share the joy of the season.

Send a holiday card with a colorful pen and ink drawing of the House to your friends and loved ones to benefit RMHCAA. The front of the card features the House in a winter setting with the inside sentiment reading "Warm Wishes from our House to your House." Cost of the cards is \$15 for a package of 25. Cards can be purchased in person at the RMHCAA office during business hours. **To order by phone, call Kathy at (734) 998-2102. Shipping costs will be applied to the order.**

Give gift cards.

Donations of gift cards to stores or restaurants such as Kroger, Meijer, or Panera, provide flexibility to assist families on an as-needed basis.

Donate a vehicle.

You hold the keys to keeping families close. Vehicle donations provide funds that RMHCAA can use to support needs at our Houses. **To donate a vehicle, call 1-855-CARS-HELP.**



Donations can be dropped off at the RMHCAA's office in the Main House from 9 a.m. to 9 p.m. weekdays and weekends.



Friends Walk to Support Our Families

Missy Smith and Melissa Hoepfner, friends for over 20 years, are self-proclaimed "Fitbit fanatics." A few years ago in an effort to stay healthy, they joined Fitbit's program where participants earn "badges" to recognize achievement. Missy and Melissa walked a lot of miles together and networked with others with the same interest. Last year, in a quest to push themselves, they walked 50,000 steps (approximately 20 miles) in one day.

Their next goal of 65,000 steps, would get them a Fitbit "Ruby Red Slippers" badge. The two women decided to take their goal to the next level and make it more meaningful by raising money for *Ronald McDonald House Charities Ann Arbor*. Missy's family had experienced the support of RMHCAA when they stayed at our House when one of her children had been hospitalized for an extended

length of time. The two created a *Go Fund Me* campaign to raise funds from friends, family and people in their Fitbit network by asking for donations for RMHCAA.

Missy and Melissa planned their route. They would leave at 5:30 a.m. and walk 30 miles from Traverse City to Suttons Bay. Posting the route on Facebook, they encouraged others to join them along the way. They created their own t-shirts with the theme "There's No Place Like Home," a perfect tie-in with the Ruby Red Slippers badge and the RMHCAA's mission of creating a "home away from home" for families. For a splash of fun, they added red clown noses and red-and-white striped socks to their wardrobes.

Their walk and the *Go Fund Me* campaign was a big success! The women ended up walking even more than the 65,000 steps required for the Ruby Red Slippers badge and also raised \$1,500 to help support families at RMHCAA through the *Go Fund Me* site.

Interested in organizing a fundraising event or activity for RMHCAA? Contact Development and Communications Mgr., Mary Moffett at mmoffett@rmhcann Arbor.org to get started.



Community Events Benefit RMHCAA

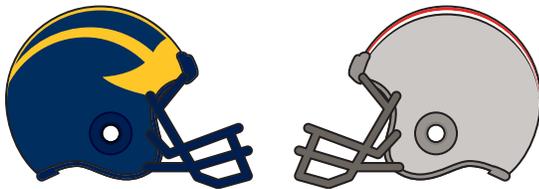
RMHCAA is grateful to be the beneficiary of fundraising events organized by individuals and groups in their communities. We would like to thank the following who hosted an event this spring or summer, for their support of our families:

- Abbott School Daisy Troop 40087
- Adient Hockey Charity
- DTE Energy
- Duncan Chiropractic Group
- Enspire Dental
- Bethany and Glenn Goehmann
- McBiker McDonald's Motorcycle Rally and the Shark Club
- Marlene Meade, Dawn Foods
- Queen of the Miraculous Medal School
- Traverse City Area Public School Transportation Department
- Thirty-One Gifts and Lisa Jones
- UM Student Nurses Association
- Van Boven Inc.
- Nick VanSimaey
- William Ford Elementary



POP TAB BATTLE

ANN ARBOR vs. COLUMBUS



What can you do with pop tabs? You can help us beat Ohio State in the Pop Tab Battle! By collecting pop tabs for the Ronald McDonald House Charities Ann Arbor, you can help us beat the Ronald McDonald House in Columbus. Start collecting your pop tabs now! Drop them off at the RMHCAA office located in our Main House between November 1, and game day on November 30. The office is open from 9 a.m. to 9 p.m. weekdays and weekends.

Anyone can collect pop tabs! It's a great way to teach kids about philanthropy and the importance of recycling while raising funds to help families of hospitalized children. Ronald McDonald Houses collect pop tabs instead of entire aluminum cans because it is more hygienic to store tabs than cans, and collection and storage is easier. The pop tabs are taken to a recycling center and weighed to determine their value. The proceeds are then used by RMHCAA to help fund our programs and operations. The pop tab recycling program allows people of all ages to support RMHCAA and know they are making a difference for families and children.



"It's in the bag" Is More Than a Phrase



Thirty-One Consultants on National Service Day

Thanks to a partnership with Thirty-One Gifts, RMHCAA families have some help toting their personal belongings between the House and the hospital. Each family checking into our Houses receives a canvas tote bag with the Ronald McDonald House logo on it. The bags come in a variety of colors and are great for carrying books, water bottles, snacks, and personal items.

Headquartered in Columbus, Ohio, Thirty-One's consultants sell an array of totes, bags, jewelry and decorative household items. Through its "Thirty-One Gives" program the organization has donated \$100 million in product and cash to charitable organizations.

Ronald McDonald House Charities has been a recipient of that generosity through a global partnership with the company.

Thirty-One Consultants also get involved with their local Ronald McDonald House. In July, as part of a National Serve Day, Consultants served a meal to families at every Ronald McDonald House in the U.S. and Canada – a total of 155 Houses! Our local consultants also brought along a gift of insulated lunch bags for our families. What an amazing group and an amazing partnership!





Ronald McDonald
House Charities®
Ann Arbor

Ronald McDonald House of Ann Arbor
1600 Washington Heights
Ann Arbor, MI 48104

**Ronald McDonald House within
C.S. Mott Children's Hospital**
1540 East Hospital Drive
Ann Arbor, MI 48109

Phone: (734) 994-4442
Fax: (734) 994-4919
www.rmhcann Arbor.org

Be a RMHCAA Volunteer

Shift Volunteers: Individuals are needed to cover a three-hour shift every other week at the Main or Mott House. Assist with answering phones, accepting donations, stocking the pantry and helping to make our "home away from home" comfortable for residents.

Hospitality a la Carte Volunteers: Help to circulate the Hospitality a la Carte to families at C.S. Mott Children's Hospital. Individuals are needed for day and evening shifts every other week.

Dinner Group Volunteers: Provide a meal for our families. Groups of 8-10 persons are responsible for purchasing the food, prepping and cooking, serving and cleaning up.

Interested in volunteering?

Contact RMHCAA Volunteer Coordinator Stacey Laho at slaho@rmhcann Arbor.org or call (734) 998-2103.

Save the Date

**Red Shoe Affair,
April 25, 2020**



CELEBRATING 35 YEARS IN ANN ARBOR



KENDRA SCOTT

Kendra Scott Shopping Day to Benefit RMHCAA
Saturday, November 23 from 1:00 to 3:00 p.m.

Visit the new Kendra Scott location at Arbor Hills on Washtenaw Ave. in Ann Arbor. Shop their selection of jewelry, home decor, and gifts. 20% of all purchases during the event will go to support RMHCAA and our services for families.