



RONALD McDONALD HOUSE CHARITIES of Central Georgia

DID YOU KNOW?

Children whose families stay at a Ronald McDonald House tend to be the sickest, have traveled the furthest distances for care, and spend the longest time in the hospital

HOW CAN YOU HELP?

Collect Wish List Items

Donated items keep costs down and help us maximize funds for our families

Donate your change

100% of funds from in-store and drive-thru McDonald's donation boxes benefit Ronald McDonald House Charities

Collect Pull Tabs

We recycle about **16 million** Pull Tabs each year, raising nearly **\$10,000** for our programs and families

Be a Guest Chef

Volunteers provide an evening meal for our families **365 days a year**, including Thanksgiving, Christmas, Easter and other Holidays

WANT TO KNOW MORE?

Contact our Program

Director Keysha Smith

hm@rmhccga.org or
478-746-4090



VOLUNTEER!

For the House That Love Built
Opportunities available for daytime shifts 9 am—9 pm
Weekdays or Weekend and Special Events

Volunteers make a difference in the life of every family that walks through our doors. Volunteers make sure food in the refrigerator is stored properly and within date. They make sure there is an empty dishwasher for plates and utensils. They make sure there is plenty of cold sweet tea on hot summer days. They are a listening ear when someone needs to talk. They are a smile and an encouraging word. They do all the little things that make our house a home so that our families can concentrate on the one BIG thing – the health of their child. Volunteers are truly the heart of Ronald McDonald House Charities.

We need assistance for three hour daily shifts, typically 9–12, 12–3, 3–6,

and 6–9. The 6–9 pm shift is especially important. It is this time when families are arriving from the hospital, meal volunteers are bringing or preparing the evening meal, and daytime staff is preparing to depart for the day.

One family wrote 'Our lives were turned upside down, and we will never be the same. But the comfort and love we felt from Ronald McDonald House Charities is something we will never forget. From the safe, comfortable house to the hot meals to the friendly faces, it was a blessing in a time of despair'.

Will you consider being part of the Ronald McDonald House Charities Family?

2017 EVENTS



FEBRUARY 2017 Team RMHC

In February of 2017, Ronald McDonald House Charities Team RMHC participated in the Disney Princess Half Marathon Weekend. 55 men, women and children trained safe, ran strong and finished proud so that we can continue keeping families together when they need it the most.

NEW for 2018! Team RMHC is Rocking and Rolling with the Rock 'n' Roll series races. You may choose ANY Rock 'n' Roll series race in the continental US. For information visit our website or <http://charity.runrocknroll.com/en/console/july-2016-june-2018/participants/ronald-mcdonald-house-charities/register/>. You agree to fundraise for our families, and we support you with training and fundraising tips, give you a fun t-shirt to wear, as well as a race shirt and 2 medals in addition to your race medal. Train safe. Run strong. Finish proud #KeepingFamiliesClose

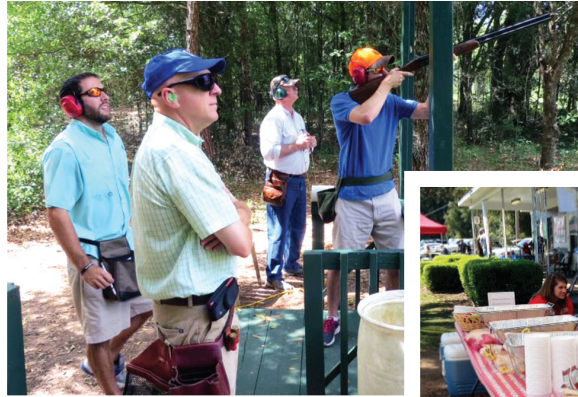
APRIL 2017 Red Shoe Run

In April we celebrated our 6th Annual Road Race, the Red Shoe Run. This 5k, 10k and 15k was presented by GEICO with 350 runners participating in the event. Funds raised benefited the programs and operations of RMHC Central Georgia. The 2018 event is planned for Saturday, April 21.



SEPTEMBER 2017 12th Annual Central Georgia Sporting Clays Tournament

On September 15 and 16, Parrish Construction Group once again sponsored our Central Georgia Sporting Clays event. 170 shooters competed at the Meadows Gun Club and Shooting School in Forsyth. Youth shooter Aaron Copelan and Meadows Pro Kevin DeMichiel took top honors on Friday and youth shooter Kevin Bandt won the day on Saturday. The event raised over \$50,000 for families who are away from home while seeking medical care for their child.



OCTOBER 2017 3rd Annual South Georgia Sporting Clays Tournament

On October 20, shooters from Central and South Georgia gathered at the Flint Skeet and Trap Club in Albany for our 3rd South Georgia Sporting Clays Tournament presented by Keystone Foods. The event raised funds for the Ronald McDonald House in Macon which serves many families from the South Georgia area as well as future programs in the South Georgia area.

SHARE A NIGHT

For the holiday season, consider making a contribution to RMHC in honor of teachers, neighbors, customers, co-workers, friends or family. A \$15 donation pays for one family for one night that cannot afford the requested donation. \$135 funds a family for nine days, our average length of stay.

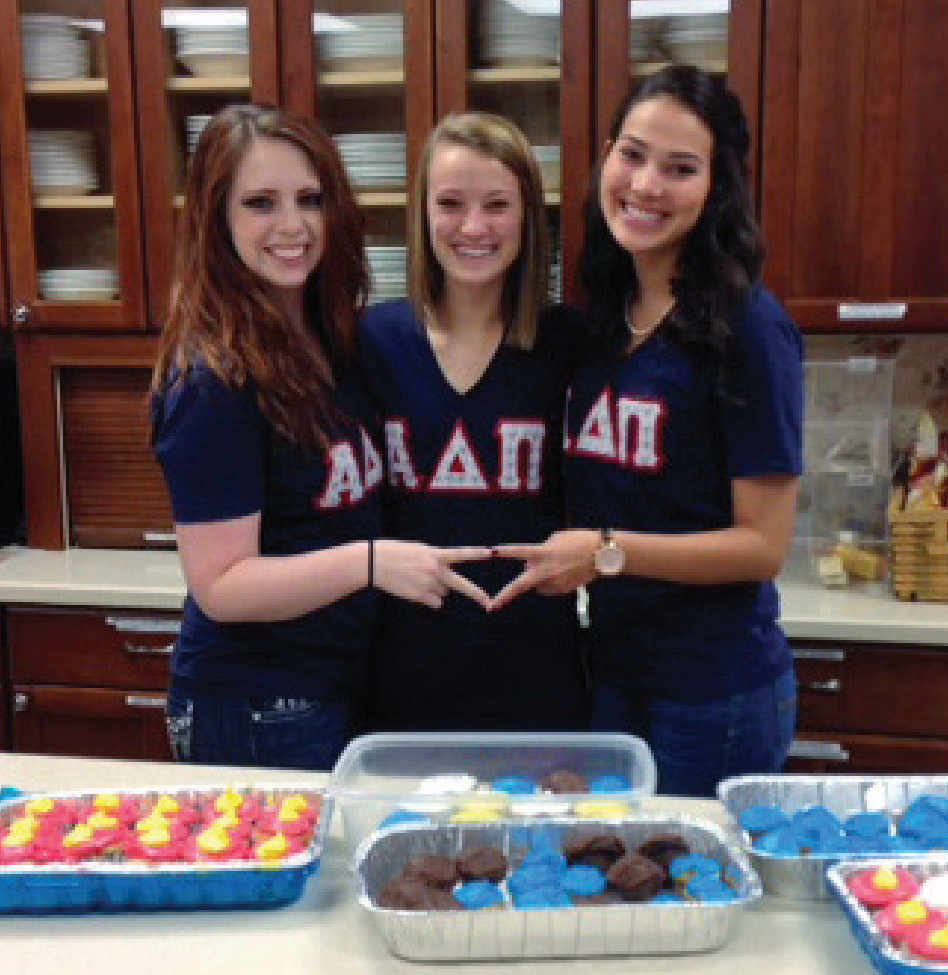


We suggest a donation of at least \$15 per honoree and will send a notification card to them letting them know of your generosity.

Did you know?

- We do not turn anyone away who cannot afford the \$15 per night request.
- On average, about 25% of nights are covered by families. The rest are covered by donations from people like you.
- The actual cost to house one family for one night is \$85.





JOIN OUR GUEST CHEF PROGRAM

The Guest Chef Program is designed to ensure that families in our care have at least one nourishing meal each day. Every night individuals, families, community groups, Sunday School classes, student groups, or a group of friends provide a hot evening meal that nourishes the body and soul of our families. Imagine being greeted by the smell of a home-cooked meal after a long day spent in the clinic, surgical waiting room, or bedside at the hospital.

We ask that you will consider participating in the care network that Ronald McDonald House Charities provides families by signing up to prepare a meal in 2018. Your gift of cooking makes a difference!

For more information or to sign up for the Guest Chef Program, contact Marqueta Lucas at paa@rmhccga.org or 478-746-4090.

WISH LIST

These are items we always need. If you think you can help us out, your donations would be most appreciated.

Postage Stamps

Paper bowls

Paper plates
(Styrofoam is not microwave friendly)

Dinner forks and spoons

Keurig K-cups

Extra large trash bags
(39 gallon or larger)

Automatic Dishwasher Detergent

White bath cloths

Kroger gift cards

Frozen dinners and casseroles

Cereals – individual boxes

Frozen Pizzas

Snacks – individually wrapped chips and crackers

Sugar

Febreze Spray

Dryer Sheets

Dishwasher Detergent

Lysol Spray

Pledge Spray

Plastic storage containers
(like Glad or Ziploc)

Due to hospital guidelines, we cannot accept stuffed animals or used toys. Thank you for understanding.

REBEL FOR A CAUSE

Dress up or Dress Down in support of our Families

Each spring and fall, we invite groups, businesses and schools to be a Rebel for our Cause and dress up or dress down in support of our Families. Employees or students can make a \$5 (suggested) donation and enjoy a dress down day for our benefit. T-shirts can be ordered for participants for a nominal fee and we also offer our striped socks for \$7.50/pair. The group coordinator's shirt is on us – so gather your co-workers or talk to your teacher or principal about being a Rebel for a Cause.

For information or to participate, contact Blair Train, aa@rmhccga.org or 478-746-4090.

PULL TABS

Finding Strength in Numbers



Since opening in 2002, Pull Tab donors to Ronald McDonald House Charities have raised nearly \$90,000 for our programs. We

estimate that to be over 81 MILLION pull tabs! Many of these tabs were collected by school children taking part in our annual Pull Tab Contest. This is a way for kids to help kids – and learn the value of strength in numbers. As each child brings in a bag or box of tabs, it is added to the bags and boxes brought in by their classmates. Those classroom tabs are added to the bags and boxes of the entire school – and can add up to 500 pounds or more!

Whether you participate as a group or school or save your tabs to bring to the House individually, your contribution makes a difference. Thank you!

For information about Pull Tabs or the Pull Tab Contest, contact Rick Kropidowski at hd@rmhccga.org or 478-746-4090.

HELPING HANDS AND HEARTS

A few #KeepingFamiliesClose fundraisers put on by others

Former RMHC Guest Family Brian and Kristen Clark are keeping families together. Clark's Health Club in Dublin, Georgia hosted a 5k run and 1 mile walk in August. Brian and Kristen stayed at our House in 2008 when their son Tyler was hospitalized in Macon.



Southside Riders Association keeps families together with an annual Pull Tab Run. The 19th Annual Olivia Andrews Tab Run was held September 23. SSR members work year round collecting Pull Tabs and planning the culminating ride and event. [They also host a Junior Tab Run each spring.](#)





RONALD McDONALD HOUSE CHARITIES of Central Georgia

1160 Forsyth Street / Macon, GA 31201

www.rmhccga.org / 478.746.4090

2017 Board of Directors

Scott Spivey, Chairman
Allen Freeman, Vice-Chairman
Deborah Butler, Secretary
Courtney Garner, Treasurer

Patty Bentley	Jackie Heenan
Roger Byrd	Schuyler Mims, MD
Dawn Cole	Wendell Morgan
Cindy Conine	Jennifer Sizemore Roberts
Bridgett Freeman	George Sizemore
Matt Hatchett	Ken Smith

NON PROFIT
U.S. POSTAGE

PAID
MAIL SORT
MACON 31201

HOW CAN YOU HELP?



AmazonSmile is a simple and automatic way for you to support RMHC Central Georgia every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to RMHC Central Georgia. All you have to do is sign in and select us as your charity of choice. Then go shopping – now that's something to smile about!



KROGER COMMUNITY REWARDS

Year after year, nonprofit organizations earn millions of dollars through Kroger Community Rewards. All you have to do is select Ronald McDonald House Charities of Central Georgia as your charity and swipe your Kroger Plus Card every time you shop at Kroger.

You must renew your charity choice every year between August 1 and August 31, but you may sign up for Kroger Community Rewards at any time if you have never chosen a charity. Visit www.kroger.com/account/enrollCommunityRewardsNow for more information.



DILLARD'S SOUTHERN LIVING COOKBOOK

For the past seven years, Dillard's has featured Christmas Cookbooks by Southern Living with 100% of proceeds donated to Ronald McDonald House Charities chapters across the country. Proceeds from Dillard's in Central and South Georgia benefit Ronald McDonald House Charities of Central Georgia, but no matter where you live there is a Dillard's near you and a Ronald McDonald House family that will benefit from your purchase. The books sell like cookies straight out of the oven, so get yours today!