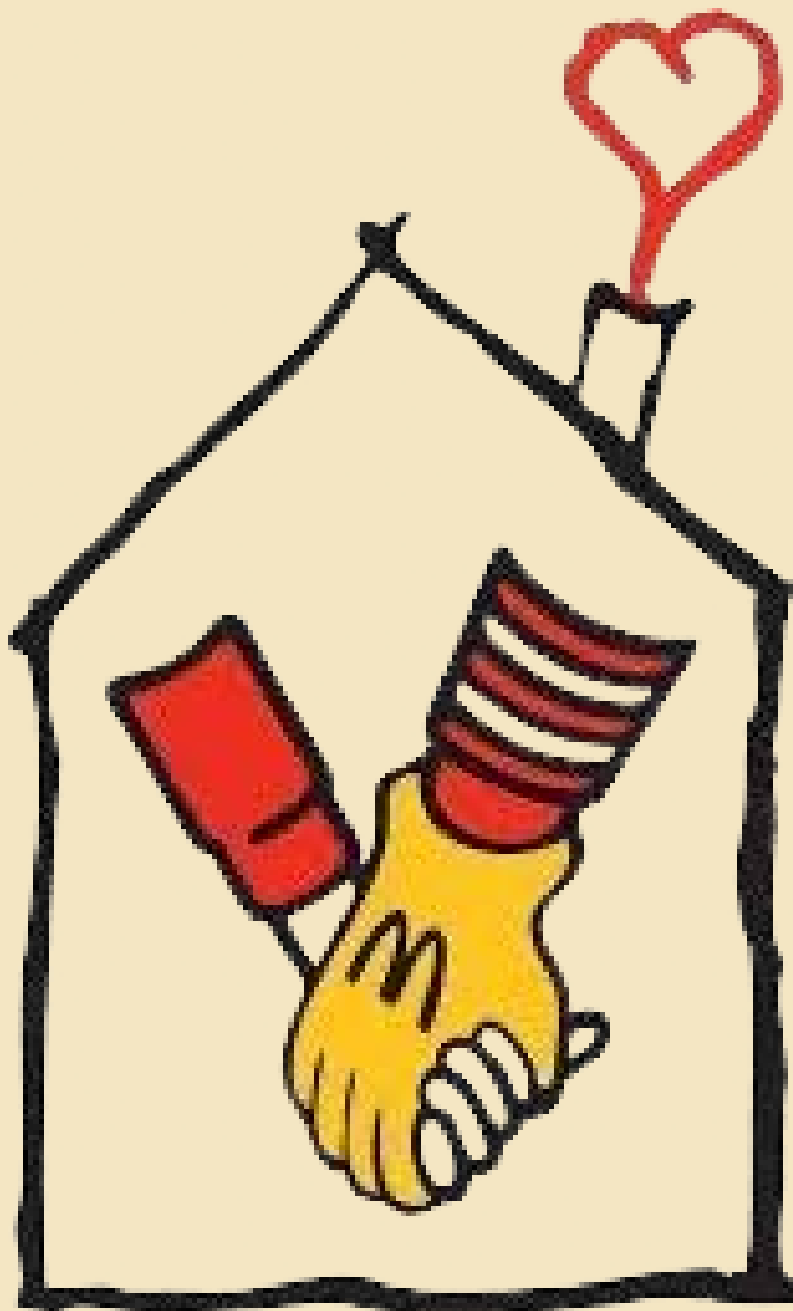


# The Ronald McDonald Handbook



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# What is Ronald McDonald House Charities (RMHC)?

After recognizing the need to support the whole family when a child is seriously ill or injured, the first Ronald McDonald House was opened in Philadelphia, PA, USA, in 1974, and was founded by Audrey Evans, Jim Murray, and Fred Hill. That began their role as a unique charity dedicated to caring for families with children who are ill or injured. Ronald McDonald House programs and services address the essential needs of families from all around the world - all along their child's healthcare journey - so they can focus on the health and well-being of their child. RMHC reduces the burdens families face when a child is sick to ensure the best health outcomes. Each year, RMHC provides at least 2.7 million overnight stays. Even helping families save \$736 million in lodging and meal expenses, in 2023 alone. Along with this over 281,200 Volunteers worldwide helped nourish, support, and partner with families at Ronald McDonald House Charities. RMHC Chapters span 62 countries and regions all around the world.

Ronald McDonald House Charities is dedicated to its core values and is committed to equity, diversity, inclusion, and cultural safety. As well as this, they celebrate the diversity of thought, experience, and culture, and strive to create an environment where every person feels valued, comfortable, and supported. Because of their great mission and the impact they have made, the K-T District established RMHC as our District Project.

## Core Programs

There are currently more than 385 House Programs, 270 Family Room Programs, and 40 Care Mobile Programs.

- Ronald McDonald House programs provide support, overnight accommodations, and essential resources to families who travel far from home for the medical care their child needs.
- Ronald McDonald Family Room Programs provide peaceful and comforting spaces located right in the hospitals, that give families a private place to relax or decompress.
- Ronald McDonald Care Mobile Programs bring medical, dental, and healthcare resources to underserved communities where they're needed the most.

# Recognitions/Awards

Not only can valuable service experience be gained through contributing and volunteering for RMHC, clubs, and individuals who demonstrate outstanding support for RMHC will receive recognition at DCON! More information about the following awards will be released around the time DCON takes place.

Most Money Raised by a Club: Two Awards

1. Levels of Contribution to RMHC

-Bronze Award: \$150

-Silver Award: \$500

-Gold Award: \$1,000

2. Clubs That Donated the Most to RMHC

This can include supplies purchased by the club for the house.

Club Service Award

Awarded to the club that do the most service for their area

Ronald McDonald House.

Individual Service Award

Presented to the individual who has the most service hours working for their RMHC.

Pop Tab Award: Given to the Club With the Most Pop Tabs

Two Ways to Enter

Weight Verified by a Representative at Local RMHC

Recommended option because RMHC gets money from the pop tabs, and you do not have to transport them to DCON.

Bring the tabs to DCON to be weighed.

# How you can help?

Ronald McDonald House Charities is a great organization that does incredible work, but they can't do it without the help of volunteers. Below are some ways that you can get involved!

## Pop Tab Collection

- Pop tabs are the little aluminum tabs from soda cans, pet food, canned food, and more! Most Ronald McDonald Houses have Pop Tab Collection Programs that provide extra revenue that can help make up for the donations that families cannot make. No family is turned away for their inability to pay, so Pop Tab Collection helps continue this tradition. Pop Tabs show that even the smallest thing can have a large impact. The pop tabs are taken to be recycled and whatever is earned goes toward the services that RMHC provides! Involve your school and local community to raise support. You can collect and save them to bring at DCON or drop them off at your local RMHC. If you choose to drop them off at your local RMHC ensure that you notify them that you have collected tabs, before you drop them off.

## Volunteering Personally

- Ronald McDonald House Charities are always looking for new volunteers! You can volunteer by scheduling a workday with the house manager. Make sure you don't show up unannounced.
- Donate wishlist items to your local RMHC. Wishlists are available on your local house's website!
- Prepare a meal at a local RMHC! You can schedule this with the house's manager. Work with your officer team and advisors to plan a service project to volunteer at your local RMHC.

## Spread Awareness

- Distribute flyers, such as the one in this handbook, with information about the RMHC and wishlists of your local house, around your school and the local community.
- Put Pop Tab Collection Containers around your school and community and advertise where they are and the message behind them.

## Fundraise

- RMHC is a nonprofit organization that is able to do a lot of what it does, because of outside support such as fundraising. They can use any support that we can give whether it's monetarily or by volunteering!
- K-T district key clubs are recommended to raise \$150 for Ronald McDonald Houses throughout the year and will be recognized at DCON for doing so. You can do this by working with your officer team and advisor to brainstorm fundraisers, such as a carwash, to raise funds for RMHC. Other than this you could always host a drive for wishlist items at your school and surrounding local community.

# General Wish List

Stuffed animals and dolls

Books for various reading levels

Puzzles

Video games (rated E)

Balls and outdoor games

Canned goods

Non-perishable food items

Deodorant

Dental floss

Toothpaste

Soap

Shampoo/conditioner

Long-distance phone cards

Gift cards for local grocery stores and gas stations

Greeting cards and postage stamps

Gift cards/certificates for big box stores (Target, Walmart, etc.)

Transportation vouchers (buses, taxis, trains)

Passes to local museums, and cultural/sporting events

For the safety and well-being of our families and due to Ronald McDonald House Charities policies, we are not able to accept the following items:

Expired or opened food

Large bags of chips/snacks or cereal. These items must be individually packaged.

Used toys or stuffed animals

Used books or magazines

Used clothing, bedding, or furniture

# Contacts and Locations

## Kentucky

Ronald McDonald House Charities of the Bluegrass,  
Inc.

1300 Sports Center Dr, Lexington, KY 40502

(859) 268-0757

<https://rmhclexington.com>

Ronald McDonald House Charities of Kentuckiana, Inc.

550 South First St., Louisville, KY 40202

(502) 581-1416

[www.rmhc-kentuckiana.org](http://www.rmhc-kentuckiana.org)

Ronald McDonald House Charities of Tri-State, Inc.

240 Berger Rd., Paducah, KY 42003

(270) 554-4002

<http://rmhctristate.org/>



# Contacts and Locations

## Tennessee

Ronald McDonald House Charities of Knoxville, Tennessee Inc.

1705 Clinch Ave, Knoxville, TN 37916

(865) 637-7475

<https://knoxrmhc.org/>

Ronald McDonald House Charities of Greater Chattanooga, Inc.

200 Central Ave, Chattanooga, TN 37403

(423) 778-4300

<https://rmhchattanooga.com/>

Southern Appalachian Ronald McDonald House

418 N State of Franklin Rd, Johnson City, TN 37604

(423) 975-5437

<https://www.rmhsa.org>

Ronald McDonald House Charities of Nashville, Tennessee, Inc.

2144 Fairfax Avenue, Nashville, TN 37212

(615) 343-4000

[www.rmhcnapville.com](http://www.rmhcnapville.com)

For more information and locations, check out this Google Sheet:

<https://docs.google.com/spreadsheets/d/1G3NAiiiihoWrDkn24aBSTXL>

[XeD2vLWgZTXN4VQuLxQIM/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1G3NAiiiihoWrDkn24aBSTXLXeD2vLWgZTXN4VQuLxQIM/edit?usp=sharing)



# More Resources

Although this handbook provides a lot of great information about the Ronald McDonald House Charities here are some additional resources. Thank you for taking the time to learn about an organization that we hold so close to our hearts in K-T. We hope you enjoyed this handbook and take these opportunities to make an impact!

Here is their official website: <https://rmhc.org/get-involved/ways-to-give/fulfill-a-wishlist>

Find a chapter: <https://rmhc.org/find-a-chapter>

Chapter Map Finder:

[https://support.rmhc.org/site/SPageNavigator/pw/map/Search\\_Chapter\\_Map.html](https://support.rmhc.org/site/SPageNavigator/pw/map/Search_Chapter_Map.html)

career opportunities through RMDH: <https://rmhc.org/careers>



Give a Hand®

# The Ronald McDonald House

## What is it?

The Ronald McDonald House provides families with children who are in hospitals a home away from home. Ronald McDonald Houses provide affordable places to stay, warm meals, and lots of support from staff.



## How can you help?

Spread Awareness:

- Distribute flyers and wish lists, post on social media, put pop tab containers out

Financial Assistance:

- Donate money, host a fundraiser, donate wish list items

Volunteer:

- Schedule a workday, cook a meal, bake some cookies



## Learn More

For more information, visit the official Ronald McDonald House website at <https://rmhc.org>. Scan the QR code for the full handbook.



**Keeping families close.**