



Heart to Heart



Issue 73

July 2008

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When you see geese flying along in "V" formation, consider what science has discovered as to why they fly that way: As each bird flaps its wings, it creates an uplift for the bird immediately following.

Sense of a Goose
-- Author Unknown

By flying in "V" formation, the whole flock adds at least 71 percent greater flying range than if each bird flew on its own.

People who share a common direction and sense of community can get where they are going more quickly and easily because they are traveling on the thrust of one another.

When a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone, and quickly gets back into formation to take advantage of the lifting power of the bird in front.

If we have as much sense as a goose, we will stay in formation with those people who are headed the same way we are.

When the head goose gets tired, it rotates back in the wing and another goose flies point.

It is sensible to take turns doing demanding jobs, whether with people or with geese flying south.

Geese honk from behind to encourage those up front to keep up their speed.

What messages do we give when we honk from behind?

Finally ... and this is important ... when a goose gets sick or is wounded by gunshot, and falls out of formation, two other geese fall out with that goose and follow it down to lend help and protection. They stay with the fallen goose until it is able to fly or until it dies, and only then do they launch out on their own, or with another formation to catch up with their group.

If we have the sense of a goose, we will stand by each other like that.

Volunteers, you are the "V" formation that continually supports the Ronald McDonald House. Each day, families we serve are uplifted by your efforts. Focused on providing our families comfort, your hard work provides quiet breaks in the hospital, a clean place to sleep, a kitchen stocked with snacks and meals, a friendly visit during a long day and much more. Not only do you support our families, you take care of one another. When one person is unavailable to help, others often rotate to provide the extra support needed. Volunteers, your service to the families encourages us all and continues to be an inspiration amongst our community. Thank you for your help!

Welcome Heidi Fink, Summer Family Room Intern



Introduce our Summer Family Room Intern, Heidi Fink. If Heidi you may have seen her covering shifts in the Forsyth Family volunteering there since the room opened in February and is come a Brenner Family Room volunteer as well.

at Salem College and has a double major in sociology and quates in May 2009, Heidi is planning to join the Peace Corps ica.

eful for your service to our families in both the Forsyth and

Congratulations, Wynn Tanner!

Brenner Family Room volunteer, Wynn Tanner, was chosen by Baptist Hospital as the "June Volunteer of the Month." In addition to volunteering in the Brenner Family Room, Wynn also volunteers in the Intermediate Care Nursery and as a "wayfinder" on the first floor of the Janeway Tower. Congratulations, Wynn! We are very proud of you.♥

United Way Community Volunteers

Each year, the United Way of Forsyth County recognizes special volunteers in our area. This year, the Ronald McDonald House nominated *House Volunteer of the Year*, Dianne Hodges. Dianne was awarded a certificate of appreciation from the State of North Carolina and Governor Michael Easley. Dianne volunteers at RMH, Crisis Control Ministries and Ardmore United Methodist Church. (Judy, Dianne and Abby are pictured below.) House Volunteer, Hayley Sink, was also recognized at the Awards breakfast. A former nominee from RMH, she was nominated by Glenn High School for her work with the Elite Ladies, a service club at Glenn. Congratulations to Dianne and Hayley. We appreciate all your work throughout the community!



News from the Family Support Program

Calling All Bingo Volunteers!

Once a month on Monday nights, would you or someone you know like to:

- 1) play a combination of Santa Claus and the Easter Bunny?
- 2) see the smiles and hear the laughter of stressed families relaxing?
- 3) help our families reach out and connect with one another?

If you or someone you know who is at least 21 years-old is interested in becoming a Bingo volunteer one Monday night per month from 5:30-6:30pm at the Ronald McDonald House, please contact Chacy at ChacyS@rmhwinstonsalem.org or 723.0228 x20.

Welcome New Family Support Volunteers!

We give a warm and appreciative welcome to our newest Family Support Program volunteers who just completed our intensive volunteer training last month. They will begin providing bedside support to our families in the next few weeks:

Missy Butler – one of our long-term Bingo callers who graciously completed additional training to work more directly with our families

Devin Cowens – our wonderful summer intern from WFU who is a rising senior psychology major

Debbie Eaton – one of our Tuesday Night House volunteers who developed an interest in volunteering more directly with our families

Leslie Hummel – one of our longest-term volunteers who, with the British Woods Garden Club, has created and maintained for many years a horticultural oasis of beauty here at RMH

Shannon Stark - a talented graduate psychology student at WFU who will soon be entering a Ph.D. program in health psychology



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