



Winston-Salem

Caring for families caring for children

Heart to Heart

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419 South Hawthorne Road, Winston-Salem, NC 27103 (336) 723-0228 www.rmhwinstonsalem.org

Sport a Shirt, Share a Night 2009

We are excited to announce that the 2009 statewide Ronald McDonald House *Sport a Shirt, Share a Night* fundraiser will occur on April 24th. This fifth annual casual day is held in support of the children and families served by the North Carolina Ronald McDonald Houses. Individuals at businesses, schools, churches, and local hospitals will purchase tee shirts for \$10 each and wear them on the 24th. All proceeds from each shirt sold by our House will support the families of critically ill children being treated at our own community's hospitals here in Winston-Salem. We hope you will share our enthusiasm and support us again this year.

Last year almost 13,000 caring people purchased tee shirts and this year, friends across North Carolina will again join together to make this project a huge success. By purchasing and "sporting" \$10 tee shirts, donors will "share a night" with a family in need.

A special way to participate is by becoming a Team Coordinator and telling your friends about *Sport a Shirt, Share a Night*. You can also volunteer to help fill shirt orders and buy your own shirt! Group orders need to be in by March 20th. Please see our website (www.rmhwinstonsalem.org) for more information or call Abby at 723.0228 x11. Your participation is invaluable to us, and we hope you will take pride in knowing your support will help the 3,500 families that stay annually at the Ronald McDonald Houses of North Carolina.



The Ronald McDonald Forsyth Family Room Celebrates Its First Birthday!

Can you believe that the Forsyth Family Room has been open one year already? Neither can we! A lot has happened over the past year. We have received a warm welcome and ongoing support from the outstanding medical staff at Forsyth Medical Center. In addition, we have recruited seventy extraordinary volunteers, who have hosted over 5,000 visits from the families of babies in the Neonatal Intensive Care Unit and the Intermediate Care Nursery.

On February 2nd we celebrated with cake, ice cream, and party hats. Fifty-five guests, including medical center staff members, Brenner and Forsyth Family Room volunteers and several hospital volunteers came to enjoy the festivities.



Pictured above L to R: Judy Sangimino, Family Room Manager; Lois Miller, Brenner and Forsyth Family Room Volunteer; Sandy Sumner, Forsyth Family Room Volunteer; and Martha Kinney, Brenner Family Room Volunteer.

New Child Loss Support Group at RMH



At the request of many of our former families, the Family Support Program has begun offering a new monthly Child Loss Support Group at no cost for *any* family in our region who has experienced the loss of a child between the ages of 1-23 years-old (*Heartstrings Pregnancy and Infant Loss Support Program serves families who have lost an infant*). Our first meeting was held on Tuesday, February 24th at RMH. The support group for parents is facilitated by Chacy SanFilippo, our Family Support Program Coordinator and a Licensed Professional Counselor, and Kim Goldstein, a counselor with many years of experience working with bereaved families. We also are offering an arts-based sibling support group for brothers and sisters ages 5-18 led by a certified Music Therapist. In addition to group support, a parent-to-parent matching program is available for those parents who would like to speak one-on-one with a trained support parent who also has lost a child. Referral resources for individual and family counseling also will be made available.

Volunteer Opportunities:

1. Provide dinner and snacks during one group session for both the parents and siblings.
2. Be a volunteer helper for our Music Therapist during the Sibling Support Group (for volunteers who have completed the Family Support Program training).
3. Make a generous donation to help offset the cost of operating the new program. Donations will go toward food, materials, books, small percussion instruments for the Sibling Support Group, future stipends for outside facilitators, etc.

For more information, contact Chacy at 723.0228 x20 or ChacyS@rmhwinstonsalem.org.

RMH Yard Clean Up Day

Saturday, March 21st, 10:00 am - 12:30 pm

We are looking for a few more volunteers to help us prepare our outdoor areas for Spring. We supply a light breakfast and some yard tools. If you have your own yard tools, please feel free to bring them with you.



Please let us know if you are coming and bringing your green thumbs!

To sign up, please contact Abby at 723-0228 x11 or AbbyB@rmhwinstonsalem.org



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