

HAPPY 25TH
BIRTHDAY!



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*Mark your
Calendars*



ONE HEART TWO HOMES

Nikki Lemson is a young gal from Michigan who began staying at the Ronald McDonald House when she was only two years old. She has returned to Winston-Salem and stayed at our House for more than 25 times. Nikki has cystic hygroma, a painful congenital condition that involves tumors underneath the skin in the facial area. She had her first surgery when she was only three days, and, on more than one occasion, her jaw has been wired for seven weeks. Nikki's attitude is bright and enthusiastic. She sees having her jaw wired as a slight inconvenience and an opportunity to invent new milk shake flavors!

Nikki and her family first came to Winston-Salem when they learned of Dr. Louis Argenta's work in craniofacial surgery. He confidently told the Lemsons that he could help. While mom Tami weighed the pros and cons of coming from Michigan to North Carolina she saw an 18-wheeler carrying a blue container with CAROLINA stenciled on it. That was a "sign," and the Lemsons began their first of more than 25 journeys to Winston-Salem.

Each of these adventures has had a life of its own and there are stories from almost every one! Since the Lemsons are seasoned Ronald McDonald House guests, they know our routine and adapt their travels to it. They head south on Sundays so they can spend Mondays doing pre op activities and playing Monday Night Bingo at the House. Nikki's circumstances have shaped her into being quite the competitor and she is eager to become captain of the Ronald McDonald House Bingo Team, should we ever form one!

Tami and Nikki were at the House the week of Halloween and reminisced that they had spent every

major holiday here at least once. They remember when we only had ten bedrooms and a pay phone in the hallway. And, they are astounded with the expansion project of 18 additional bedrooms that is underway!

The pride they take in the House is family pride. The House really feels like their "home." Tami reflected, "From the walk across the street to the hospital, to the laundry rooms or the kitchen stocked with food, to the Family Room on the 6th floor at Brenner... everything available at the

Ronald McDonald House is convenient!" Nikki said, "I love the southern hospitality and the wonderful people I meet every time we come here." Although their home in Michigan is far away, they love this "home" too. While the physical comforts offered at the House help, Tami noted that the emotional comforts offered through the Family Assistance Program have been wonderful; volunteers have spent time in the hospital visiting and playing games with Nikki, and bringing donated gifts to her. Nikki remembers playing many card games with volunteers to take her mind off of the pain she felt during recoveries from surgeries. Nikki added, "Everything provided through the House helped so much. I knew I was not alone, I was home."

Nikki's experiences have fashioned her into a vibrant young woman. She is focusing on college courses and her career goal is to become a pediatric intensive care unit nurse. Although she plans to study in Michigan, she is drawn to North Carolina and may consider a move to her "second home" in the future!

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GOOD EATS

Generous volunteers provide the guests of the Ronald McDonald House a warm dinner almost every night of the year. Thanks to all of the individuals, religious organizations, families, and civic groups who make sure our families have a meal prepared and waiting for them when they return from a long day at the hospital. RMH guests often share comments about their meals:

NICHOLAS' FAMILY FROM HICKORY, N.C.

Thank you so much for the breakfast Saturday. It was so good. It's nice to have a good home-cooked meal. You don't know how much your kindness means to us.

DEVIN'S FAMILY FROM SILER CITY, N.C.

Thank you so much for the chicken pie. My son is five days old and had surgery. We are emotionally, mentally, and physically worn out. It was so nice to eat an excellent meal in peace and quiet. We really appreciate it.



Basement walls are up in the new House!

"BB&T & RMH DAY" SANTA FE STEW



BB&T volunteers prepare Santa Fe Stew for our families on "BB&T @ RMH Day".*

- 2 lbs. chicken - cut into 1 inch cubes (breast or thighs) (ok to use ground beef or ground turkey)
- 2T oil (if using chicken or turkey)
- 1 onion - diced

- 1 pack taco seasoning (or 2 if you want it spicier)
- 12 oz. chicken broth

Brown chicken and diced onions. Add taco seasoning mix and chicken broth to the meat. Cook according to taco seasoning package (substituting the broth for the water).

Place cooked meat mixture in a pot along with:

- 10-12 oz. shoepeg corn (any corn will do)
- 1 can Pinto Beans
- 1 can Black Beans
- 1 can Kidney Beans
- 12 oz. chicken broth (as desired - add until it is the consistency you want)

- 1 pack Ranch Dressing Mix
- 1 can Ro-Tel diced tomatoes (with peppers)

Do not drain any of the cans; add all of the liquid from each.

Simmer for one hour; serve with tortilla chips, cheese, black olives, jalapeños, sour cream, etc.

Notes - this recipe is very adaptable. Change it to what suits your taste. Taco seasoning, ranch dressing and chicken broth often will have MSG in them. If you look, you can find them without any. Great recipe to double or triple for a larger group.



Hayden snacks and "supervises" the construction

SCRAPBOOK



Kevin and his family celebrate at his "End-of-Treatment" party



Jenna and Mary Martha enjoy reading together



Chloe's smile lights up the kitchen!

Keileigh's grinning because she's on her way home!



Thank you... To these very generous supporters of our Ronald McDonald House and Ronald McDonald Family Rooms:

- | | | | |
|--|---|---|--------------------------------------|
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| Alpha Delta Pi – Zeta Gamma Chapter | Hands of Hope Golf Tournament | Shugart Family Foundation | Classic Touch Auto Wash |
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| | Sally's Angels | Brixx Winston-Salem | Twin City Diner |
| | | | Window World |
| | | | Windsor Jewelers |



Light a Luminary.

Brighten your home and ours.



What Can You Do?

Purchase luminary kits. Each \$5.00 kit contains 6 luminaries. Call 723-0228 x13 to get your street or neighborhood involved. Remember luminaries make great holiday gifts!

Where?

2009 Distribution Center
339 Witt Street, Winston-Salem (Off Knollwood, one block off Stratford, in the back of Habitat For Humanity)

Retail Locations in Triad
Call 723-0228 x60

Ronald McDonald House

When?

December 4 – 10
(Monday-Saturday, 10 – 4; Sunday, 1 – 4)

November 28 – December 24
(store hours)

Year-round

PROJECT SPONSORS



Brenner Children's Hospital
Wake Forest University Baptist Medical Center



WISH LIST

The following items keep the House and Family Rooms ready to meet the needs of our guests. Please feel free to contact us if you have any questions and thank you for thinking of us!

39 Gallon Garbage Bags
Disinfectant Wipes and Sprays
Sturdy Paper Plates and Bowls
Single Serve: Meals, Breakfast Items, and Snacks
Plastic Forks, Knives, and Spoons
Cups: Hot and Cold
Floor Dusting Sheets
Laundry Detergent
Word Find Books
Latex Gloves
Gift Cards – groceries, gas, restaurants, super stores, etc...
\$86 to adopt a family for a night
\$1,462 to adopt the 17 families who stay in the House each night



Looking for Other Ways to Give?

Contribute to the Ronald McDonald House Annual Fund. Send in your donation in the enclosed envelope.

Give online. Log onto www.rmhwinstonsalem.org and click the Make a Donation Now banner .

Join Alan's Legacy. Ensure the future of the House through your will, retirement plan, life insurance, or other assets.

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The Ronald McDonald House of Winston-Salem, Inc. provides a "home away from home" for families of children who are receiving medical care in our community's hospitals. The House and Family Room programs offer physical comforts, emotional support, educational, and referral services designed to promote the well-being of the whole family.

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RONALD MCDONALD HOUSE OF WINSTON-SALEM, INC.

Return Service Requested

419 South Hawthorne Road, Winston-Salem, NC 27103
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Ronald McDonald House

