



LOVE NOTES

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Thank you



KEEP 5 ALIVE

Inspiring Others

When a child is diagnosed with a serious illness, a parent's dream of a healthy child is suddenly altered. However, there are those who have faced this tumultuous test and then proceeded with strength and hope. This is the story of the Rabb Family.

Phil and Kim Rabb along with their son Eric stayed at our Ronald McDonald House in 2005 when their other son Michael was diagnosed with leukemia and became a patient at Brenner Children's Hospital. Michael's battle was hard on everyone and his parents took turns staying here and back home in Sherrills Ford, N.C. "Without the House, we don't know what we would have done. This House helped us meet supportive and caring people. It became 'our' place to come 'home' to - for a break, a home-cooked meal, and a friendly face," says Phil. He and Kim stayed a total of 39 days while other family members and friends came to support the family in any way possible. The Rabbs became a fixture here and remain so, even after Michael lost his fight with leukemia.

Since Michael's death, the Rabbs and their friends have become incredible advocates for the House. First they created the *Hope Courage and Faith Ride in Memory of Michael Rabb* which was held for two years. It involved 60 motorcycle riders who rode around western North Carolina participating in a "Poker Run" and included a stop at our Ronald

McDonald House. Supporting our House with these successful fundraising rides was only the beginning for the Rabbs. They began to encourage and inspire their friends, extended family members, members of churches and civic groups, and former teammates of Michael's soccer team to help the House.

Michael was a talented captain on the Bandys High School soccer team and he proudly wore jersey number five.

Michael was a talented captain on the Bandys High School soccer team and he proudly wore jersey number five. His teammates, along with the Rabb family, established

a different kind of team in Michael's memory. This one is known as *Keep 5 Alive* and it is comprised of teammates and their parents. They have conducted successful events to raise awareness and money for the Ronald McDonald House. Last year's BBQ dinner, yard sales, and other fundraisers raised over \$33,000 and *Keep 5 Alive* donated the money for a bedroom to be named in Michael's memory in our planned expansion.

The Rabbs have an incredibly positive outlook that is telegraphed in every direction. Their desire to stay involved with the House has been an inspiration to many. They have taken a family's nightmare and created something meaningful as a tribute to their precious Michael. *Keep 5 Alive* is exactly what they are doing!

CELEBRATING OUR SILVER ANNIVERSARY

According to various websites on the worldwide web, the silver 25th anniversary is a milestone. Spending a quarter of a century with anyone or focused on any one thing is to be celebrated. There are numerous ways to celebrate the 25th including renewal of vows, toasting with champagne, and using sparkly silver glitter on flowers, cards, centerpieces, gift wrap, balloons, etc...



Since we know you'd rather not have silver sparkles all over your newsletters, we have come up with other ways for everyone to help us celebrate. Listed are just a few, so please contact the House and join the celebration!

- Send photos and memories of past events, activities, or stays at the House or Family Rooms. These may appear in a future issue of Love Notes.
- Volunteer at the House or Family Rooms.
- Bring a meal for our 17 families – think comfort food!
- Donate Wish List items.
- Plan a party that doubles as a fundraising event.
- Invite our Speakers Bureau to address your club.
- Donate Bingo prizes.
- Honor your friends with a donation to the House.
- Purchase Sport a Shirt, Share a Night tee shirts.
- “Play in the sand” all year – purchase luminaries to decorate for your events.

SPORT A SHIRT, SHARE A NIGHT IS APRIL 24TH!



Help make our fifth annual Sport a Shirt, Share a Night the biggest ever! Last year almost 13,000 caring people purchased tee shirts. Our goal this year is to sell over 15,000! Support the children and families staying in the Ronald McDonald Houses across North Carolina by purchasing a \$10 tee shirt and wearing it on April 24th. Businesses, civic

groups, churches, other organizations, and individuals will be joining the fun. This year, our shirts are black with the logos in vibrant colors – surely, everyone will look terrific sporting one!

We are especially grateful to our sponsors whose support makes it possible for all the proceeds to go directly to the Houses - McDonald's, Piedmont Natural Gas, BlueCross BlueShield of North Carolina, Universal Insurance Company, McCreary Modern, Forsyth Medical Center, Lewis & Daggett, Kilpatrick Stockton, KPMG, Hemby Children's Hospital, Bender Apparel &

Sign Graphics, Inc., H.J. Morris Construction, and Pitt Memorial Hospital. Also, we extend a special thank-you to our volunteers at Dell who folded the shirts for our House this year!

A special way to participate is by becoming a team leader and telling your friends about Sport a Shirt, Share a Night. Team leaders help to promote tee shirt sales, pick up the shirts at the House, and distribute them to their team before April 24th. Please call Mindy Bloom, Director of Development, at (336) 723-0228 x19 or email her at MindyB@rmhwinstonsalem.org to participate. Make your team a winner!



TEENS WITH HEART

Volunteer opportunities abound at the Ronald McDonald House throughout the year. We are accepting applications from teens ages 15-18 for this summer's Teens with Heart program. Teens with Heart has been an integral part of the RMH volunteer program. We are looking for energetic and enthusiastic students who are willing to work in a fun and nurturing environment. If you are interested, please contact Abby Bowman at (336) 723-0228 x11 or by email at AbbyB@rmhwinstonsalem.org.

THANK YOU . . .

to these very generous supporters of our Ronald McDonald House and Ronald McDonald Family Rooms:

Asheville Street Baptist Church
– Asheville, N.C.

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of High Point

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– A Cappella Jam for Hope

Rainbow Pals Thanksgiving Benefit

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Winston-Salem Journal

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LOVE LETTERS

I just want to thank you all for everything you all have done for us and we miss and love y'all very much!

Jennifer – Tazwell, Va.

We would like to thank everyone at the House for being so understanding of parents during such a stressful time. The other families were so helpful to talk to. It was so nice being able to stay close by the hospital since we live an hour and half away. I hope you guys know how much you have touched so many people. There is no way we could have afforded to stay in a hotel for the 10 days we were at the House. Thanks so much for taking away one of the stresses that we had on us!

Neal, Misty, and Matthew – Claremont, N.C.

Thanks you so very much for your kindness while we stayed there for two weeks. The meals were very good and accommodations were great!

Shirley – Granite Falls, N.C.

RMH IN CYBERSPACE



Check out www.facebook.com and search "Ronald McDonald House of Winston-Salem, Inc." to see the newly created Ronald McDonald House Facebook page! Become an RMH "fan" so you can see our upcoming events, Wish List items, photos, and more! Please help us increase our visibility by sharing our page with your friends and family members. See you in Cyberspace!

SCRAPBOOK



Marley enjoys her visit with Fiona and Danielle!

Sadaya makes fast friends with Molly!



Jeremiah is the ultimate SpongeBob SquarePants fan!



Aaron is a regular rocker in the "best room in the House" – the front porch!

FAMILY 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!

Single-Serve Items: oatmeal, cereal, pop tarts, fruit cups, granola bars, cookies, pretzels, chips, trail mix, and crackers

Microwavable Single-Serve Meals: soup, macaroni, stew, pasta, etc...

Garbage Bags: 39 gallon

Hand Sanitizers

Laundry Detergent

Floor Dusting Sheets (Swiffer)

Cups: hot and cold

Knives, Forks, and Spoons: sturdy plastic

Gift Cards: groceries, gas, restaurants, super stores, etc...

\$86: adopt a family for a night

\$1,462: adopt all 17 families staying here for a night

FAMILY ROOM VOLUNTEERS WANTED

Part-time volunteers for three-hour shifts in the Ronald McDonald Family Rooms at Forsyth Medical Center and Brenner Children's Hospital are needed. Volunteers must be proficient in people skills and warm smiles. For more information, call Judy Sangimino at (336) 723-0228 x39 or email her at JudyS@rmhwinstonsalem.org.

DONATE AT YOUR CONVENIENCE

It costs \$86.00 per night to operate one room for one family staying at our House. Families staying with us are asked to pay only \$5.00 per night. But often, our families cannot even pay this small amount, and we are asked to waive the fee. Please give as generously as you can; and when you give, you have the option of making the donation in honor or memory of someone. Volunteers at the House will mail tribute and memorial notes on a timely basis.



Online

Access our website, www.rmhwinstonsalem.org, where we have partnered with Groundspring.org to facilitate secure online credit card transactions using Visa, MasterCard and American Express charge cards. Donors will receive contribution receipts from both Groundspring.org and the House. One-time or recurring donations can also be set up through the website.



Envelope

Send in your donation in the enclosed envelope. Giving levels and payment options are outlined for your information.

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, education, and referral services designed to promote the well-being of the whole family.

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Return Service Requested

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Ronald McDonald House

