



OUR SEASONAL E-NEWSLETTER



Help Us Grow

We opened our doors June 8, 1984 and since then we have been able to help thousands and thousands of families call this House their home.

Ours was one of the first ever RMH's built in Canada, and remains one the smallest - with only 14 suites. There is a lengthy waitlist to have a chance at a room here, with many families unable to find a spot for months and in some cases, years.

This building serves communities west of Kingston, east of Cornwall and as far north as Nunavut, and that adds up to hundreds of communities whose families need to travel far to get to a children's hospital.

Pictured here: front and backyard photos from the early days of your Ottawa RMH.

The Biggest Story We Have Ever Shared

Imagine getting to know a family who is enduring the long and overwhelming path of a leukemia diagnosis, but who are also sharing and celebrating life's milestones alongside the House.

And then serendipitously meeting a production company like <u>AJAX Creative</u> who came into our world and offered to tell their story in the biggest and best way they could.

What culminated in our House this February is truly the biggest moment of story-telling in the 40 year history of Ronald McDonald House Charities Ottawa. Please take a moment to watch Ryann's video.

Ryann Collins Story with RMHC Ottawa.





Construction is underway with our exterior dug up and progressing well. We are so ready for 22 additional suites, family rooms, a larger kitchen, an elevator - and so much more.

Our New House

The cost of building materials went up significantly and we still have funds to raise. If you are able to play a role in completing our project, we are grateful for the support for this once in a lifetime project.

More to come, please enjoy our latest update from your Ronald McDonald House team.





Images captured during filming, including Director Martin Marko behind the scenes here, while Nick Pallonius films Ryann and dad Mike.



We were given the opportunity by CHEO to film in the Bone Density Clinic, Cardiology, and Oncology which brought so much depth to the Collins story.



The families and volunteers in the House added warmth and story telling. Here you see Kathryn cooking and baking up a storm, with a smile that lights up every room.

Christine Hardy

CEO, Ronald McDonald House Charities Ottawa



A Record Breaking Year at SKIFEST!

We hit the slopes at Mont Ste-Marie March 1st to a SOLD OUT event filled with sunshine and an immense amount of support for our Ronald McDonald House! We brought back "the balloons" - an onsite raffle where buying a balloon meant you had a chance at the grand prize, which was two roundtrip tickets to anywhere WestJet flies! Our après ski was filled with delicious eats courtesy of North & Navy, Whalesbone, and Meatings. Demo skis by Kundstadt, an incredible DJ set by Rich Warren, beer tasting courtesy of Labatt, and let's not forget the ski races: our winning team this year was "ProSlide", a Silver Sponsor of the event!

Congratulations and thank you to everyone for the support. We hope to see you next year!





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McHappy Day is Wednesday May 8th!

It's the biggest day of the year for the Ronald McDonald Houses across Canada! A portion of EVERY menu item sold (plus socks, paper hearts, Peace Collective clothing and "Round Up") on May 8th will support McHappy Day and our Ronald McDonald House. Mark your calendars for a delicious spring day!

Leaving a Legacy

Many of our donors have chosen to support families through estate gifts. If you don't yet have a will or estate plan, connecting with a professional advisor or finding an online tool can help develop your plan. If you're considering leaving a legacy gift to Ronald McDonald House, we would be honoured to help you develop a plan that meets your charitable goals.



Legacy Giving Information





Kalix and Parker Kelly

The Ottawa Senators had a huge, positive impact on RMHC Ottawa families during their visits last year.

Most recently, #27 Parker Kelly's friendship with Kalix Leveille (who has spent over 130 nights at RMH since he was born) grew past "playing ministicks hockey at the House" and brought him into the Sens locker room, where Kalix was invited to read the starting line up at the February 22nd game.

While getting to talk to the team right before puck drop was incredibly cool, it was the meet-and-greet with Parker beforehand (including matching shirts and gifting friendship bracelets) that really hit home for one of our longterm families.

You can watch the video here!





Maria G.

HELPING AT THE HOUSE +
Ronald McDonald Family Rooms on
the 3rd and 5th floor of CHEO

Maria has been with us as a volunteer for 3 years! She is well known at the House and within the hospital Family Rooms. She is keen to help out at all our events.

She's pictured here with Divine (6), getting the coffee started!







The Corus Radiothon presented by Glenview Homes will be broadcast from 6 am - 6 pm on Thursday, June 6th, by our generous friends at boom 99.7 fm and Jump 106.9 fm!

It will be our 3rd annual event, where we will share stories about what the House means to so many families who live far away and need to be close to the children's hospital for care. **"Power Hour" sponsorships still available!**

Email Paige at paige@rmhottawa.com to get the details.



Luxe Duo is a husband and wife pair who are well-known in the Ottawa area for their piano and cello performances.

They will be hosting a fundraising evening at the Ottawa Art Gallery on Tuesday, April 30th, with all proceeds benefitting Ronald McDonald House Charities Ottawa.

<u>Tickets are on sale now through</u>
<u>EventBrite.</u> We look forward to seeing you there!



Planning on participating in the Tamarack Ottawa Race Weekend?

RMHC Ottawa is on the list of charities you can fundraise for! No matter how big or small your plans are, we are to already see some participants signing up, now that the warmer weather is on its way.

Send us an email if you'd like more information, or <u>use this charity link here</u> to get started.

Days since we broke ground

147

Dollars left to raise for expansion

1.68M

Total suites offered after the build 36



PJ Walk in Schools

Classes and schools are collecting toonie's and walking 167 steps through their hallways - the same distance from our House to CHEO - to teach them what other families do at Ronald McDonald House. Email Monique about your free PJ Walk kit for your class today!

Stocking our shelves

The Kinaxis team, lead by Neil Butts, delivers snacks to support our House and two Ronald McDonald Family rooms in the hospital.

Pictured here: Volunteer Krystal and kids from the House, Emerson & Felix.

Pictured here: Anna Carriere (4) and her educators from North Bay, big sister to Grace (3) who is undergoing treatment at the hospital.



Hockey for the Families

The Kmith family stayed here in 2022 during their daughter Jillian's oncology treatments. They have since dedicated their time to fundraising for RMH Ottawa.

A hockey tournament was held between the East Nipissing Vipers and the North Bay trappers, raising \$4,050!



Our friends at Kinaxis have also been coming in twice a month to prepare meals from scratch with our <u>Home for Dinner program!</u>



Video Gaming Cart

The students at Holy Redeemer Catholic School in Kanata fundraised to buy the House a Nintendo Switch, games, and homemade goodies! They presented their school project on Rogers Daytime earlier this week:

Watch the video here!

Pictured here: Volunteer and teacher Maria Babineau, with Brayden (11) and dad, Jean.



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