



Ronald McDonald  
House Charities®  
Burlington, Vermont

news from  
the heart

CELEBRATING 33 YEARS!

SUMMER 2017

**A letter from Sarah:** For months now we have been wanting to return to the Ronald McDonald House to visit Kristine and the rest of the house staff, but like always, something kept coming up. Finally after fifteen months from the time we stayed at the house we were able to make the hour and a half drive to visit.

My eyes still get watery thinking about our experience, shocked with having the arrival of our second son come two months earlier than expected. The uncertainty of what we were going to do with our home over an hour away and a then eighteen month old to care for as well.

Like many, we were so grateful for being given the opportunity to stay at the Ronald McDonald House. Our stay was forty-four nights of our youngest son's fifty day stay in the NICU. We considered it our home away from home. Thankfully we were able to even have our first son (Joey, almost 3) stay with us at [at the house.



Our visit felt much like our first day at the house, welcoming and warm! However, this time we were also greeted by Mike. Joey took to him right away, wanting Mike to follow him and play fetch. What a wonderful addition to such a welcoming and caring place!

## Kristine's Corner

The house has been at full capacity, bustling with families in and out and lots of children running about.

Amidst the uncertainty and fatigue, everyday we savor the joy Mike brings to our guests, volunteers and staff. He is the bright spot in their day and ours and we always love to hear the, "where's Mike?" or...."here's Mike!" He is doing his job, and doing it well. Beyond the accommodations we



provide hot meals, the comforts of home and most importantly, empathy shared by each other: at the end of the day: *we are home.*

Summer seems to be slipping away, but on the horizon is a new RMHC event sure to make up for it! Roll out the carpet for our first annual **Bucket List Auction** on September 9th at Higher Ground. We are truly excited to kick off this unique event that is certain to be fun. We invite you to come bid on that experience you have long wished for. Tickets are only \$10 and that gives you the opportunity to chat with entertaining and interesting people and bid on them, or that experience you have been dreaming about.

We don't want the fun to end there, so we invite you to our annual **Volunteer BBQ**, on September 15th. This evening is a tribute to our volunteers who give their time and their love to our programs that matter so much to this community. Our volunteers are special people with dedicated hearts. They are generous, empathetic and committed, and we hope you will celebrate them with us!

## Board of Directors

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**Emily Flaherty**

### RMHC Staff

**Kristine Bickford**

Executive Director

[Kristine@rmhcv.org](mailto:Kristine@rmhcv.org)

**Deanna Cameron**

Volunteer and

Guest Relations Manager

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**Sadie Stone**

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Manager

[Sadie@rmhcv.org](mailto:Sadie@rmhcv.org)

**Lisa Nagle**

Administrative Assistant

[Lisa@rmhcv.org](mailto:Lisa@rmhcv.org)

**Carol Winchester**

Evening Manager

**Bill Parkhill**

Facilities Manager

**Mike**

RMHC Therapy Dog

## Finally check that thing off your bucket list!

What's on YOUR bucket list?

The First Annual Bucket List Auction, a benefit event for Ronald McDonald House Charities of Burlington, can help you fulfill your bucket list dreams. Don't miss your chance to bid at live auction for unique experiences some complete with host celebrities!

Some bid items include:

- Go in a Helicopter
- Run a Marathon
- Go LIVE on the radio

- Be a VIP at a festival
- Record a Song in the Studio
- Become a Mixologist
- See a Show on Broadway
- Go to the Hockey East Tournament
- Go to Costa Rica
- Behind the scenes Brewery Tour
- .....and more!



**Saturday, September 9th at Higher Ground**

**Tickets on sale now: <http://bit.ly/bucketlistauction>**

## New Faces at RMHC

Ronald McDonald House Charities of Burlington (RMHC) is excited to announce the addition of two new staff members and four new Board Members!



Vermont native, **Sadie Stone**, joins the staff as new Program and Development Manager at RMHC, Burlington. Stone says "I have always known I would pursue a career in social work; it is important to me to use my experience and skills to project the voices and advocate for those who are in need. RMHC is a perfect place for me to land."

RMHC also brought on a new Administrative Assistant: **Lisa Nagle**. Nagle is well known for her long standing stent on WVMT co-hosting Charlie, Ernie and Lisa. Nagle also has a background in social work and is a personal cook, which is how she first came to RMHC as a volunteer "guest chef" cooking dinners at the house.



New Board Members: **Matt Wilson**, co-founder and Director of Sales and Marketing at Zero Gravity craft brewery and founding partner of Burlington restaurants American Flatbread and The Great Northern. **Liza Smith-Vedder**, advertising sales at Burlington Free Press. RMHC is thrilled to welcome two medical representatives: **Sarah Twichell, MD**, a pediatric nephrologist and **Alan Homans, MD** who specializes in pediatric cancer and hematology.



To Make a Donation: visit [www.rmhcv.org](http://www.rmhcv.org) or send to 16 So Winooski Ave Burlington, VT 05401

# Notes From The House

## A BRIGHT IDEA

Last month RMHC worked with Burlington Electric Department to upgrade the parking lot lighting (including one lamp that illuminates the Church parking lot). The old HID lamps were replaced with LEDs. LEDs are expensive; four conversion kits cost \$1,025. The energy efficient change, however, qualified us for an \$800 rebate from BED, who administer the Efficiency Vermont program for the city. Two generous BED employees, **York Sherry** and **Dan Gonyeau**, volunteered their time and skills to make this project possible. Due to the upgrade in technology and efficiency we will see an annual savings of *\$182 per year*; with a fifteen months of electricity savings to get back our \$225 investment.

LEDs are estimated to last for more than 80,000 hours (just over 18 years). In their lifetime these lights could *save the house over \$3,000!* ~Bill Parkhill



### Project Made Possible By:

York Sherry,  
Dan Gonyeau,  
Cathy Chamberlain, Bob Bolin, Burlington

Electrical Department and, of course, Bill Parkhill



## WELCOME OUR NEW VOLUNTEERS

### HOUSE VOLUNTEERS:

Heather Brochu, Lina Kuzina, Abbey Shaw, CJ Bigsby, Angela Dorta\*, Peggy Dorta\*, Sally Edith, Lilah Yob, Anjana Bouchard, Denis Durling, Katie Charland, Ashley Warren, Kaleigh Clowery, Kaitlin Clark, Ian Minearo, Stephanie Andrews, Annike Eberle, Ian Kent, Renee Allen

### FAMILY ROOM VOLUNTEERS:

Jessie Finklestein

\*Both House and Family Room



We celebrated **Mike's First Birthday** on July 27th! Mike has made a huge impact in the short time he has been here! When he hears a child laugh he maintains his playfulness and when a baby cries, he knows it is his job to create a smile. His calming effect reminds Mothers and Fathers of home and provides children who just received treatment a welcomed distraction. Mike has become a part of the family and a part of all the little lives he touches.

**Huge thanks to Karen Ward Photography for capturing images of our pal!**

## RMHC NEEDS LIST:

Liquid hand soap, stamps (forever & postcard), batteries (C&D), grab n go snacks, cereal, paper plates...and more

**For a complete list please visit:**

[www.rmhcvt.org/how-you-can-help/wishlist](http://www.rmhcvt.org/how-you-can-help/wishlist)

## DID YOU KNOW?

Cover the operating costs of one guest room for one



Make a meal for the entire house



Subsidize the average stay for a family of a premature baby



Keep the lights on for a month at the House





Ronald McDonald  
House Charities®  
Burlington, Vermont

Keeping families close™

16 South Winooski Avenue  
Burlington, VT 05401-3828  
802-862-4943 | rmhcvt.org



RMHC®

Burlington, Vermont

## Legacy of Love Society

By remembering Ronald McDonald House Charities of Burlington in your will or estate plans, you assure that we can provide a “home away from home” for future generations of guest families. There are several types of gifts that can help you make a significant gift while at the same time retaining flexibility without sacrificing income or security for your family.

For more information or to view the membership form visit: <http://bit.ly/lovermhc>

### Why I Volunteer

“Because the Ronald McDonald House was such a blessing to me and my family when my brother had cancer. I want others to feel the same love and support we did” -Abbey

“I want to give back to the first house I ever lived in!!”  
-Stella



### Why I Give

“The compassion and caring you show to families must surely ease their burden as they navigate the challenges and complexities that accompany serious health issues. It is our hope that this gift will enable your organization to bring even more kindness and support to patients and their loved ones at a time when they need it most.”

-Anonymous donor, \$25,000

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or

send to 16 So Winooski Ave Burlington, VT 05401