



RMHC[®]
of the Carolinas

Keeping families close

Service From Your



For Ronald McDonald House Charities of the Carolinas

There are so many ways you can support families staying at Ronald McDonald House Charities of the Carolinas within your community or even from your own sofa! Please find in this booklet a guide of how to volunteer from home.

Action

1 NICU Sock Lovies: Lovies can comfort infants in Intensive Care whose parents don't get to hold their children very often. Parents hold these Sock Lovies close—next to their hearts. This transfers their scent. When the Lovie is placed near the baby, the child feels that his or her parents are near—as close as can be. What You Need: New Tube Socks (toddler size, 12 to 24 months); Hypoallergenic fiberfill; 1/4 "white ribbon ; Embroidery Floss in Black or Brown and Pink; Embroidery Needle; Regular Sewing Needle and White Thread. What to Do: Stuff sock to where the knitting pattern changes. Stuff until sock measures about 6" around. Sew the open end securely and knot. (The ribbed part of the sock will be above thread) Fold cuff down to form a hat. Fold a small "cuff." Secure. Measure about 3" down from tie and tie 1/4" ribbon to form neck. Tack bow securely so it cannot be untied. With floss, stitch face onto the Lovie.

2 Toiletry Care Kit: Fill quart or gallon size Ziploc bags with travel-size necessities (shampoo, condition, toothbrush, toothpaste, comb, hand sanitizer, etc.)

3 Grab N Go Snack or Breakfast Kits: These are a great way to support families as they spend long days in the hospital with their children. Pack a snack bag with a small water or juice & breakfast treat or afternoon snack item.

4 No-sew Blankets: We can't hug our guests right now, but we can wrap them in love with a fleece blanket! For double-sided blanket, the recommended yardage is: Adult size = 2 yards of each; child size = 1.5 yards of each; baby size = 1 yard of each. Sample instructions can be found here:
<http://www.instructables.com/id/No-Sew-Fleece-Blanket-1/>

5 Decorated Tote Bags: Our guest families are always on the move. Tote bags hold everything for them during this time. From snacks to medicine, from clothes to activities, everyone wants and needs a bag. Canvas totes are available at craft stores and online. Be as creative as you want!

6 Worry Stones: give our families something small to carry in their pockets and rub when they feel anxious. Worry stones are a simple way to bring great comfort! You can find smooth stones to paint or use polymer clay to make your own. Sample instructions can be found here: https://www.ehow.com/how_7527194_-make-worry-stones.html

7 No Sew Sleep Masks: Sleep Masks provide relief for tired families on unusual sleeping schedules. Supplies Needed: Pattern, fleece or felt, fabric glue, Ribbon or elastic for ties. Sample Instructions & template can be found here: <https://blog.potterybarn.com/diy-no-sew-sleeping-mask/>

8 Jars of Joy: Fill regular sized mason jars with small items that will make our families smile (Individual wrapped candy, gum, pens, book marks, etc.) Decorate your jars or create themes for each jar!

9 Pack the Pantry: Support the many families whose seriously ill children are being treated in Greenville. We always need food and other items to help keep our home a happy one. Due to our unique mission, we ask that all food items be individually wrapped, if applicable.

Cleaning Products & Laundry Needs: Disinfecting wipes, scrubbing bubbles bathroom cleaner, Swiffer wet pads, fragrance-free laundry soap pods.

Commercially Prepared Treats: Individually wrapped snacks (chips, goldfish, snack cakes, apple sauce pouches) and breakfast items (pop-tarts, muffins, instant oatmeal, cereal), fresh fruit. See our website for our Wish List that is updated monthly with pressing needs.

Challenge your colleagues, classmates, friends or family to support RMHC of the Carolinas. Make it fun!

Wish List Drive: Lists are available on our website. Pick a few items and fill a box, a bus or a building!

Gift Card Drive: See who can bring the most gift cards for grocery stores (Publix, Walmart, Etc.). Gift cards help us purchase foods for dinner and for our community refrigerator.

Cookie Dough: One of the ways we keep our House feeling like a home is by making fresh, baked cookies for our families. Donating rolls of cookie dough (nut-free) ensure that our staff can continue the tradition of keeping these sweet treats available to our families.

Awareness

1 Follow, Share, and Like our social media accounts. We love sharing family stories, House updates, and so much more. Help us spread the mission of RMHC of the Carolinas by following, sharing and liking our posts!



@rmhc_carolinas



@rmhccarolinas1



@rmhc_carolinas1

2 Share Your Connection: Do you have a connection with RMHC of the Carolinas? Whether you're a former family resident, volunteer, or donor, we want to hear from you! Share how you've been impacted by sending us your stories, photos and/or videos through Facebook messenger, Instagram DM, or email Katie at kclark@rmhccarolinas.com.

3 Spread the Word: Tell your friends, family, coworkers, and anyone you can think of about the mission of RMHC. Awareness building is critical to our organization and we depend heavily on our volunteers to spread the word. Send an email, text, or give someone a call and tell them what RMHC means to you.

Fundraising

1 Host a Special Event (ie. Walk-A-Thon, Bike-A-Thon, Dance-A-Thon):

Step 1: Assemble a Team for your event. Events like this take a lot of planning and you'll need all the support you can get. Make sure to split up the work.

Step 2: Select a Date, Time and Location. Ask your school or community center if they would be willing to host such an event or plan it to be a virtual event. Work on finding a good date.

Step 3: Create a walk/bike path or rules to keep people dancing.

Step 4: Create registration forms for Walk or Dance-a-thon type event. Get everyone's information who would be interested in attending. Everyone must pay \$10 to register with a goal of raising \$100. It is okay if they do not reach that goal.

Step 5: Spread the word! Encourage all classmates to register. You can even make it a friendly competition among homerooms.

Step 6: Bike, Walk, Dance!

Have everyone wear Gold in honor of Pediatric Cancer Awareness.

2 Fitness Class: Have a Gym/Fitness Class donate a class's earnings to the House. Contact the gym to ask about their specific process.

3 Partner With Your Favorite Restaurant: Do you have a favorite restaurant that you frequent? Consider asking if they would give a portion of the proceeds to the House for a Day, Week, or Event.

4 Facebook Fundraiser: For your birthday, or a time of year that means something to you, encourage your family and friends to give back. Facebook Fundraisers have helped users raise over \$300 Million for their favorite charities through birthday fundraisers on Facebook. Celebrate your birthday while supporting RMHC of the Carolinas with a click of a button. 100% of funds raised on Facebook and Instagram are donated to the charity of choice at no cost or fee to the nonprofit.

5 Penny Wars: Start a competition between classes, within your company, or between siblings to see who can raise the most by collecting spare change. Collect for a week, month, or semester, then deliver change to RMHC of the Carolinas.

6 Collect Pop Tabs: Did you know RMHC of the Carolinas receives funding by selling recycled pop tabs from soda cans? Get your family, coworkers, or classmates involved and collect as many tabs as you can! Collected tabs can be dropped off at RMHC of the Carolinas seven days a week between 8AM and 8PM.

7 Round-Up For RMHC: Asking to round up your total to the nearest dollar may not seem like much, but when many give, those small donations add up and have the power to change a child's life. Every time you visit a local McDonald's restaurant, you can help support families with ill and injured children by asking to Round-Up for RMHC when you place your order on the kiosk or with a crew member at the counter or drive-thru.