

## Ronald McDonald House Charities Mission Statement

*Ronald McDonald House Charities of the Capital Region, Inc. promotes the health, development, and well-being of children and their families. We accomplish this through the Ronald McDonald House, a home-away-from-home for families of seriously ill children, and by creating and supporting programs that directly improve the lives of children and their families.*



Kids Helping Kids  
Community Day



Baking for families



Teen Ambassador  
Bowl-a-Thon



Fundraising

### Ronald McDonald House Charities

139 South Lake Avenue  
Albany, NY 12208

Phone: 518-438-2655  
Fax: 518-459-6529  
Web Site: [www.RMHCoFAlbany.org](http://www.RMHCoFAlbany.org)



# Kids Helping Kids

## Ronald McDonald House Charities

### Youth Volunteer Opportunities



*"The House That Love Built"*

518-438-2655

## YOUTH VOLUNTEERS



There are many ways you can help children and families at Ronald McDonald House Charities. Volunteers of all ages can help, however individuals under 15 years of age are asked to volunteer with a parent or another adult. Please contact our Volunteer Coordinator for more information on all volunteer opportunities, or if you would like to plan your own fundraiser .

### Individual & Group Opportunities

**WISH LIST DRIVES**-Hold a snack food or wish list drive to provide the essential items families need during their child's hospital stay, to give them all the comforts of home.

**HELP WITH ALL YOUR HEART**- Sell paper hearts for just one dollar from January-February in your school, business, or place of worship to support RMHC.

**CAROLING FOR KIDS**-Schedule a group of friends to spread holiday cheer in your neighborhood while helping seriously ill kids and their families at RMHC. Call to sign up and receive your caroling kit that includes instructions, song sheets, and announcements to distribute in your neighborhood.

**CREATE WELCOME BAGS**-Fill a bag with helpful items to a family away from home. Helpful items the welcome kits can contain are water bottles, tissues, a Chapstick, note cards, journals, pens, a hair tie, mints and thinking of you messages. We found these items can be useful for all and send a caring message to the families when they arrive. Please do not add toiletries as the house has a large supply when needed.

**PUT TOGETHER BREAKFAST BAGS**-Decorate and label paper lunch bags as "Breakfast to Go", then fill with *healthy*, individual breakfast items to make a complete breakfast for one person.

**IN-HOUSE VOLUNTEERING**-Assist with the day-to-day operations of the Ronald McDonald House including meeting families' needs, light housekeeping, general office duties, organizing, baking and seasonal outside needs. *This opportunity is for students 15 or older or children under 15 with a parent to assist them.*

**FAMILY ROOM VOLUNTEERING**-Help to oversee the Family Room inside Albany Medical Center by welcoming guests, signing-out videos, straightening and cleaning toys, visiting and playing with patients and siblings making the Family Room a safe and friendly environment for all visitors. *This position requires you to be 14 years old, have a parent to volunteer with you and a commitment of 40 hours.*

**KIDS HELPING KIDS COMMUNITY DAY**- Join in with other kids to assist at the House. Once a month we hold this special day to bring students together to make a difference at the Ronald McDonald House. Middle school and high school aged youth groups and individuals can sign up to help.

**BAKED GOODS**- Your special treats are a welcomed comfort for families residing at the House and visiting the Family Room. Schedule a time to bake at the House to provide your best goodies and home like atmosphere. *\* We cannot accept baked goods made from home.*



Saratoga Family Fun Fest Pig Race

## LEADERSHIP OPPORTUNITIES:

### Teen Ambassadors & Teen Board

A leadership position offering high school students the opportunity to represent their school and community in support of RMHC. Members become more active in community service by supporting RMHC programs, they raise awareness and encourage support in their school and community, and gain leadership skills. The programs serve both RMHC by providing important service to the organization, and to the student, by providing an enriching experience that will give them knowledge and understanding of every aspect of running a non profit organization.

#### TEEN AMBASSADORS

(10th, 11th & 12th grade)

Teen Ambassadors commit to individual service to the House, assist with RMHC fundraising, participate in House and Family Room events, promote RMHC in their community, and lead the Kids Helping Kids Community Day at the Ronald McDonald House.

#### TEEN BOARD

(11th & 12th grade)

Officers selected from experienced Teen Ambassadors meet the Teen Ambassador commitments, and plan and carry out annual Teen Ambassador activities.



Teen Ambassador Meeting