



Ronald McDonald
House Charities®
of the Capital Region

Give families the gift of ♥ JOY ♥ this holiday season

Dear Friend,

2022 has been a busy year at Ronald McDonald House Charities of the Capital Region. Nearly three years into the COVID-19 pandemic, our core programs are once again operating at nearly full capacity, and we've launched several new programs to help address unmet needs for the children and families we serve. Notably, the Albany Ronald McDonald House celebrated 40 Years of Love this summer — 40 years and more than 23,000 families welcomed into the warm embrace of "The House That Love Built!" As the breadth and depth of our services grow, we continue to work every day to provide comfort and care to families with children facing serious health issues. The incredible compassion of our community allows us to serve hundreds of families every year, each with their own unique story.

We first welcomed the Moses family in February of 2019, when their two-year-old daughter, Jazalyn (Jazzy), was diagnosed with neuroblastoma. Early in her long treatment journey, Jazzy, her dad, Josh, her mom, Autumn, and her brother, Shane, found a home away from home at the Ronald McDonald House.

"This place has really changed our lives in such amazing ways," Josh says. **"They welcomed us with open arms and we've never looked back. We're just so grateful we found them."**

For nearly four years, RMHC of the Capital Region has been able to support the Moses family through each of our core programs, offering them long-term housing at the Ronald McDonald House, comfort and sustenance from the Ronald McDonald Family Room, and time away together at the Ronald McDonald Family Retreat at Krantz Cottage.

Reflecting on that time in particular, Autumn shared how special it was to be there as a family. **"It felt normal. We didn't have to think about Jazzy's sickness or the hospital. We just got to be together."** For her part, Jazzy added that it was FUN!



We celebrated Jazzy's 6th birthday at the Ronald McDonald House this year, with a party fit for a princess. **"It really does something to your heart to see how much people care,"** Josh says. **"It's awesome to have this support, to be together as a family, and to have our kids be able to be kids, even while we're going through such a traumatic time."**

This holiday season, your donation can help provide all the love and support that the Moses family has experienced to even more families dealing with serious childhood illness. **Give now so that kids can be kids and families can be together**, during the holidays and all year long. Thank you for your generous support!

Please return the enclosed envelope with your year-end gift.
Visit RMHCofALBANY.org or scan this code to donate online:





**Ronald McDonald
House Charities®**
of the Capital Region

UPCOMING EVENTS



January 20-21, 2023



June 24, 2023



September 21, 2023

Ronald McDonald House Charities® of the Capital Region (RMHC-CR) draws on the compassion of our community to deliver and support programs that directly improve the health and well-being of children and families.

There are so many ways to get involved with RMHC-CR! Plan to attend an upcoming event, explore our current volunteer opportunities, check out our program wish lists, raise funds to help families, or find other ways to partner with us. Visit our website to learn more!

RMHCofALBANY.org

A HOME AWAY FROM HOME

HALFWAY AROUND THE WORLD

This year, in addition to serving families from some 30 counties across New York State and elsewhere in the U.S. and Canada, we've welcomed guests from Afghanistan, Croatia, Guyana and India. These families have traveled clear across the globe to access critical care for their children at the Bernard & Millie Duker Children's Hospital at Albany Med.



The Ronald McDonald House is home to families for as long as they need us, which is often for months at a time with international guests. Jamar and Jamari — twin boys from Guyana — spent the first two years of their life at the House when Jamar was too medically fragile to travel. "He couldn't go anywhere, so everything was set up here," his mom, Lotoya, explains.

"This house is our second home. When we are in America, we are here."



As the boys grow, they continue to return to the Ronald McDonald House whenever Jamar needs treatment at Albany Med. Like so many of the families we've served over the last 40 years, they've formed bonds with staff, volunteers and other guest families that span any distance or difference in background or culture.

Watching connections develop between families at the House, especially among those who are a world away from home, is truly something special. Your support makes it all possible. Thank you.



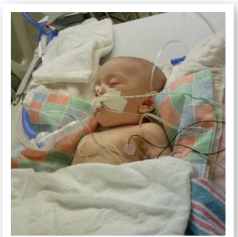
THEN & NOW

A READ FOR RMHC STORY

Each year, thousands of students across our region participate in **READ for RMHC**.

Through this unique community service program, young readers learn about giving back and making a difference in the lives of children like them who are dealing with serious health issues. For some students, the experience brings them full circle.

At 4 months old, Thayden TenEyck was on life support in the pediatric ICU at Albany Med. **"We spent every minute at the hospital, and RMHC was a saving grace for us,"** says Thayden's mom, Nicole. Today, Thayden is a healthy 10-year-old who loves hockey and proudly participates in READ for RMHC through his elementary school in West Sand Lake. He and his parents share their story to let others know how their support helps families like theirs.



Last year, more than 100 schools joined the READ for RMHC effort and nearly 3,000 students — including Thayden — participated in the program. Learn more and see how you can get involved at rmhcofalbany.org/read.

RMHC-CR COMMUNITY SERVICE PROGRAMS

From the moment parents learn that their child is facing a serious illness, the only thing that matters is fighting that battle. Every bit of energy goes toward treatment. Working together with the Bernard & Millie Duker Children's Hospital at Albany Med, **RMHC of the Capital Region extends love and support to families far beyond the walls of the Ronald McDonald House**. Through our growing community service programs, we provide care for the entire family in numerous ways, always free of charge for those we serve.



The **Ronald McDonald Family Retreat at Krantz Cottage** provides a peaceful, supportive setting in beautiful Lake George, NY, where families experiencing serious childhood illness can enjoy being together, making lasting memories. This one-of-a-kind program has hosted more than 60 families since it opened in July 2021, giving them five full days of what they need most — quality family time.

Our HOPE program — **Helping Our Premies Excel** — addresses the needs of parents with infants in the NICU at Albany Med. Mothers of babies born prematurely often find themselves without basic self-care items and other essentials to support their child throughout their stay in the hospital. Premie-sized hats and mittens, milestone cards, lip balm and hand lotion, a stuffed animal, water bottle, and cooler tote are among the items provided in our HOPE bags, given to every family with a baby in the NICU.



The **Ronald McDonald Family Room** is a wonderful respite located right inside the children's hospital. Complete with couches, a game table, books, toys, coffee, drinks and food, the Family Room offers a needed escape. Families are welcomed by compassionate volunteers who provide a homelike environment and a listening ear to everyone they meet.



Within the Family Room, **Love is Served** daily with fresh, healthy lunches available to children and parents alike. In the last year, we've provided more than 1,800 lunches through the Love is Served program, saving families money, time and stress as they tend to the needs of their children in the hospital.

The comforts of the Family Room are extended even further by our **Hospitality Cart**. The cart travels through all 5 pediatric units of the children's hospital, including the Melodies Center for Childhood Cancer and Blood Disorders, stocked with coffee, snacks, books, and personal care items. Through the Hospitality Cart, families can access all of the amenities available within the Family Room without ever leaving their child's side.



VOLUNTEERS ARE THE HEART OF OUR PROGRAMS!

We are currently seeking caring individuals to help support the Ronald McDonald Family Room and Hospitality Cart.

Learn more and apply now at rmhcofalbany.org/volunteer.

SPECIAL THANKS TO OUR 2022 ANNUAL PARTNERS

Partners in Hope



Partners in Courage

Fenimore Asset Management
& FAM Funds

Northwestern Mutual

Partners in Strength

Bourque Mechanical Systems
CDPHP

Hannoush Jewelers

Marshall & Sterling Insurance
Mohawk Honda

Premier Real Estate Team at KWCD



**Ronald McDonald House Charities®
of the Capital Region**
139 S. Lake Avenue
Albany, NY 12208



Your support allows kids like Jazzy to
enjoy being kids. **Read more inside.**

RMHC® of the Capital Region ♥ 2022 Annual Appeal ♥ Keeping Families Close®

This holiday season, give children battling serious illnesses the gifts they need most...



a **home**
filled
with
love



the
comfort
of
friendship



and **family**
always
by their
side



RMHC®
of the Capital Region

Your gifts at work **Keeping families close®**

Last year, with your help
RMHC of the Capital Region provided:



Ronald McDonald House accommodations totaling
4,108 nights of comfort for families with
children receiving critical care nearby



Snacks, supplies and other support for
2,889 individuals visiting the Ronald McDonald
Family Room & Hospitality Cart



Loving care and compassion for
1,024 families served across the Ronald
McDonald House, Family Room,
Hospitality Cart and Family Retreat programs



380 HOPE bags delivered to parents of
preemie babies in the NICU at Albany Med



44 unforgettable stays at the
Ronald McDonald Family
Retreat at Krantz Cottage



Help more families with your year-end donation. Visit RMHCofALBANY.org or scan code: