



Volunteers with Heart



Keeping families close®

1. WELCOME CENTER

Provide assistance at our Welcome Center:

- Assist families and visitors with any questions
- Clerical work
- Answer the phone and door
- Must be at least 18 years old

Contact: Rob Lemons, Director of Volunteer Services, RobL@rmhws.org | (336) 970.5651

2. FAMILY SUPPORT

Interact with families and help with programming:

- B.I.N.G.O. Volunteer: 5:15 p.m. - 6:45 p.m. Monday night
- Holiday Volunteer: helping with wrapping gifts, bringing food, Luminary Project, etc.
- Must be at least 18 years old

Contact: Heather Rompel, Family Support Services Manager, HeatherR@rmhws.org | (336) 970.5657

3. FAMILY ROOM VOLUNTEERS

Extend the services offered at the House to all families with hospitalized children:

- Keep the kitchen stocked with food
- Greet guests
- Must be at least 18 years old
- Monitor check-ins

Contact: Jolyn Roberts, Family Room Manager, JolynR@rmhws.org | (336) 970.5655

4. AROUND THE HOUSE

Provide assistance with daily household chores:

- Sorting donations
- Light housekeeping
- Must be at least 15 years old
- Clerical work

Contact: Rob Lemons, Director of Volunteer Services, RobL@rmhws.org | (336) 970.5651

5. COOKING FOR KIDS

Prepare breakfast, lunch, or dinner for guest families (average of 75-90 people):

- Meals must be prepared at RMHWS or come from a commercially licensed kitchen.
- Must be at least 10 years old. *All under 15 must be accompanied by an adult; maximum of 10 cooks.*

Contact: Lara Wilson, Volunteer Meal Coordinator, Meals@rmhws.org | (336) 970.5665

6. BAKING WITH LOVE

Provide baked goods for families (no minimum amount to bake):

- Counted as two service hours. Please bring any forms at the time of volunteering.
- All items must be prepared at RMHWS kitchen.
- Must be at least 10 years old. *All under 15 must be accompanied by an adult; maximum of 10 cooks.*

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7. LUNCHESES WITH LOVE

Provide lunches for families who visit our Family Rooms (average 50-75 lunches):

- All items must be prepared at RMHWS kitchen.
- Must be at least 10 years old. *All under 15 must be accompanied by an adult; maximum of 10 cooks.*

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Requires a weekly, bi-weekly, or monthly commitment.



Requires a volunteer application (including criminal background check and two references)



Great group opportunity.



Family Wish List



Ronald
McDonald
House®
Winston-Salem

Keeping families close®

The Ronald McDonald House and Ronald McDonald Family Rooms serve families through the generous support of individuals, corporations, church, and civic groups. The following items allow us to meet the needs of our guests.



HOUSEHOLD

- Single-serve snacks and treats
- Single-serve breakfast items
- Single-serve meals
- Single-serve fruits
- Milk and Creamer
- Paper towels
- Laundry detergent
- Microwaveable paper bowls and plates
- All-purpose Spray Cleaner/Clorox Wipes



FAMILY ITEMS

- Preemie and newborn diapers, onesies and outfits
- Baby/toddler small toys and rattles
- Sudoku and word search books
- Craft project kits (individual or large)
- Teen and Adult BINGO prizes/gifts:
 - DVDs, playing cards, sports trivia books, older child craft projects, older child/adult puzzles or travel games



FINANCIAL

- Gift Cards:
 - Groceries, gas, restaurants, super stores, etc.
- \$70 – sponsor a family for a night
- \$2,450 – sponsor all 35 families for a night

THANK YOU FOR THINKING OF OUR FAMILIES!

The Ronald McDonald House of Winston-Salem, Inc. provides a "home-away-from-home" in our House and Family Rooms for families with children receiving medical care in our community.