Providing more than 57,000 families a community of support and a place to call home, RMHC® Eastern Wisconsin has been keeping families together for 41 years. Nearly 425 volunteers share their gifts of time, talent and heart, as we offer a warm and loving environment that includes nightly home-cooked meals, spaces to play and relax and therapeutic programming. Although we suggest a \$20 per night donation from our families, no family is expected to make a financial contribution toward their stay.



To volunteer on-site at RMHC Eastern Wisconsin, **you must be 14 years of age or older**. This is due to the sensitive nature of the immune systems of many of our families. Learn more on how to volunteer <u>here</u>.

In an effort to engage schools, youth groups and troops, we have created this guide for those who would still like to help our House. In this guide, you will find ideas and guidelines for service projects that can be done at your convenience and then donated to our House.

Interested in having an RMHC® representative speak to your group, school or troop? We have Mission Ambassadors trained to give presentations to youth.

Please email Emma Krisberg, Volunteer Services Coordinator, with any questions!

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Donations can be dropped off daily at our front vestibule from 9:00 a.m. - 9:00 p.m. Our address is 8948 W Watertown Plank Road Milwaukee, WI 53226.

### Items we accept:

- Monetary donations in any form.
- New items from in the RMHC Eastern WI Wish Lists.
- "New" is defined as items that are in the original packaging and purchased within the last three months.
- Stuffed animals and dolls are recommended to be between 10" and 15" (no vending machine toys)

### Items that will not be accepted:

- Used items (gently or otherwise) or items that have been in storage for lengthy periods of time
- Toys or games with religious or violent themes
- Home-made food. In alignment with our safe food handling guidelines.

All food donations must be prepared in a commercial kitchen.

- · Food items (non-perishable) that are open, expired or close to expiration
- · Beanie Babies
- Used books



# COLLECT · · · · · · · · ·

#### Wish List Drives

Items on our General Wish List are what we go through the most and need replenishing on a regular basis, or are major items we would like to have but cannot afford to purchase. More information about our Wish List can be found here.



# **Pop Tabs**

Be it small, a pop tab is quite mighty! Revenue from recycling these little bits of aluminum helps us keep families together, and saving them is so easy!



#### **How to Get Started:**

- Place a collection container in a central location at home, work or school. Pop tab collection houses are available for pick up at the Ronald McDonald House® for a suggested donation of 50 cents per small house and \$3 per large house.
- · Get creative and make your own using a wide-mouthed bucket or bin.

Please do not use milk or water jugs, as it is difficult to remove the tabs from these containers.

· Make your own container labels or print out our official Pop Tab collection labels here.

Girl Scout and Boy Scout troops have the opportunity to earn a special patch for collecting and donating pop tabs to RMHC Eastern Wisconsin! Patches are generously donated by Schweizer Emblem.

For more information on our Pop Tab and Patch programs, please visit our website.

# CARE

## **Snack Drives & Snack Packs**

Collecting individually packaged snacks is a simple and fantastic way to help the House stay stocked with food items that are easy for families to grab on the go! These items include, but are not limited to, granola bars, fruit snacks, individually bagged chips, crackers, trail mix and pretzels. Snack packs are an easy, nutritious & thoughtful solution!

These are to be created off-site. We do not accept homemade food.

#### **Guidelines:**

- Please use paper or gallon Ziploc bags and fill them with healthy, non-perishable snacks
- · All items within the bag must be pre-packaged
- · Please place at least three snack items in each paper bag
- Check for expiration dates! Please no expired food
- We encourage bags to be decorated with stickers, notes, etc.
- · If food requires utensils, please provide them inside of the snack bag

There must be a minimum of 10 bags per drop off.

### Suggested Items:

- Granola barsPopcorn
- CrackersFruit cups
- CookiesPudding cups
- Trail mixNuts
- Dried fruit
  Pretzels

### When decorating the paper bags or including a message:

- Please stay away from phrases like "It will get better," as we do not know the severity of the patient's diagnosis
- Please stay away from anything religious as RMHC® is a non-denominational organization
- If you still have questions about what is appropriate to write in a note, please click <u>here</u> for more information

## **Activity Kits**

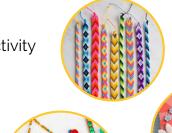
Activity kits are a wonderful way for our families to pass the time during long days at the hospital! Patients, siblings and even parents can use these craft packs to entertain themselves and de-stress. Activity kits should contain everything needed to complete the activity, including instructions. Guest families should not have to seek out extra supplies or materials in order to complete the activity.

#### Guidelines:

- Must be individually packaged
- Provide all supplies needed glue, crayons, etc. to complete the activity
- Provide a list of all included supplies and instructions
- Keep in mind the activities should be for children of all ages

#### Ideas:

- Friendship bracelets string, beads, charms
- Snowflake ornaments pipe cleaners, beads
- LEGO creation packages
- Picture frame decorating kits wooden frame, paint, brushes







If you have your own craft idea, please contact Emma Krisberg for approval before proceeding.

## **Kits for Kids**

We offer a wide variety of programming at RMHC Eastern Wisconsin and also offer giveaways and items for kids and families to occupy their time at the House and hospital. These kits allow siblings waiting long hours at the hospital or patients who cannot leave their room an opportunity to spend their time playing games, completing activities, etc. We ask that groups provide at least 10 kits at a time. If you have the capacity to make more, please contact Emma Krisberg for additional details.

### **Suggestions for your kits:**

- Coloring books/crayons/colored pencils/markers
- Mini puzzles or travel size games
- Play-Doh
- Activity books/writing utensils
- Small stuffed animal or fidget spinner
- Card games (Uno, Go Fish, Old Maid, Dominos)





# **Refresh and Tidy Kits**

Families at RMHC Eastern Wisconsin need household basics to ensure they can focus on what matters most – their children. By collecting the items below, you provide families with the essentials to give them comfort and peace of mind.

These refresh and tidy kits must include at least one each of the following items (everything must be new and unopened):

- Bottle of liquid laundry detergent (Tide Free and Gentle)
- Bottle of laundry stain remover
- Package of dryer sheets (Tide Free and Gentle)
- Pump bottle of hand soap
- Powder dishwasher detergent

When you have all of your supplies, place your collection into a tote or box(es).



## Wellness and Self-Care Kits

We offer amenities for all members of a family including the caregivers who often need a much-deserved break. Wellness and Self-Care kits allow families the chance to relax and unwind after spending long hours at the hospital. We ask that groups provide at least 10 kits at a time. If you have the capacity to make more, please contact Emma Krisberg for additional details.

### Suggestions for your kits:

- · Reusable water bottles
- Journals
- Stress ball or fidget toy
- Chapstick
- · Skincare products (lotion, face masks, etc.)
- Fuzzy socks or slippers
- Aromatherapy (essential oils)
- Tea





# **CRAFT**····

## **Door Décor**

Help spread cheer every time a guest family walks through their door! This project is great for children of any age. When making door décor for our families, please ensure that it is made of light-weight material and can simply be taped to or hung on the door. We ask that you make approximately 42 for our guest family doors.



# COMFORT ....

# Fleece Tie Blankets & Pillowcases

Our Quilts With Love program allows us to provide guest families with a cozy blanket during their stay. We rely on donations to keep this program running!

Blankets can be homemade with new colorful and/or patterned fleece fabric or pre-made and store bought. We ask that the blankets are big enough to fit a twin size bed, though larger and smaller blankets are welcome as well!

Using a sewing machine or hem tape, you can also make decorative standard size pillow cases for guests to use on their pillows, brightening their hospital or guest room, or serve as a keepsake when they return home. Styles for boys, girls and adults are appreciated!

# **FUNDRAISING**·····

# Crowdfunding

Starting a fundraiser is a great way to introduce your family, friends, and local communities to the RMHC mission. Please see our online fundraising portal <a href="here">here</a>. Each fundraiser can create their own page for donors to make an online donation while tracking their giving using our virtual thermometer. Please use the guide below to set up your online fundraiser today!

To create your own fundraising page, click here. There are several areas in which you can personalize your page. You can select a name for your fundraiser, add a profile photo, set a fundraising goal, and share your inspiration or any instructions for your fundraiser in the Message.

- Please note to use the name of your fundraiser in the field, "Display Name". This will show as the title of your fundraiser and cannot be changed once created.
- Once created, you will receive an email allowing you to edit the personalized fields listed above.
- RMHC will need to approve the page and activate your fundraiser. It will then be added to the fundraiser dashboard and live for your donors to access.
- Once your fundraiser is live, you can share the link with your friends and family via text, email, or social media!
- You can even create a QR Code using this website for your attendees to make donations throughout your event via your flyers!

Starting a fundraiser is a great way to introduce your family, friends, and local communities to the RMHC mission. Please see our online fundraising portal <a href="here">here</a>. Each fundraiser can create their own page for donors to make an online donation while tracking their giving using our virtual thermometer. Please use the guide below to set up your online fundraiser today!

# **Penny Wars**

A Penny War is a fun, competitive fundraising activity for all ages. This fundraising method is great for schools or youth-oriented organizations.

#### **How it Works:**

- Containers (jars, buckets, etc.) are set up for each team, class, or group.
- Participants put money into the containers
  - Pennies (and sometimes other coins) add points
  - Silver coins and bills subtract points
- Feel free to modify the rules as they fit your fundraiser!

### **Tips for Success:**

- Use transparent jars to build excitement and anticipation as the fundraiser progresses
- End with a celebration or prize for the winning team/class