

Addison Howard

RMHC Family Room Volunteer

Addison Howard, an aspiring pediatrician, spends four evenings a week at the Ronald McDonald Family Room in Covenant Children's Hospital. Six months ago she didn't know about this oasis for the families of hospitalized children. Now, this Lubbock Christian University, pre-med student sees it as a looking glass into her future.



"I will hear parents talking about doctors and how much they have helped them, and I want to be like that and help kids," said the 19-year old, Lubbock native.

She began volunteering in March so she could earn part of the 700 volunteer hours needed to enter medical school, she explained. She also volunteers at Covenant's ChildLife program, where she plays games with young patients.

"I think it's so cool that the Family Room is there," Howard said with enthusiasm. She described her routine: preparing the room for any families who decide to eat dinner there, keeping the room neat and comfortable, and tracking how families use the Family Room to best meet their needs. In addition to television, siblings can play games, paint and color.

She recalled one family in particular that was there for four months. "They were so sweet. Every time they left, they said, 'We thank you so much.' And I always tell them that I will pray for them."

"I think to be a good volunteer here you have to be caring and kind and willing to engage with family members," Howard said. "I am learning to understand the parents' point of view, and that is preparing me for my career and working with children and their parents."