



around the HOUSE

THE LATEST UPDATES FROM RMHC OF THE SOUTHWEST • FALL 2020

3413 10th Street | Lubbock, Texas 79415 | 806.744.8877 | Fax 806.744.3652 | RMHCsouthwest.com

Meet the New President & CEO...

Dear Friends of the Ronald McDonald House Charities of the Southwest,

From the moment the first Ronald McDonald House opened, our donors, volunteers, and staff have played a critical role in our ability to keep families close during their greatest time of need – we truly would not be able to do what we do without your support! As the new acting President and CEO of Ronald McDonald House Charities of the Southwest, I want to take this opportunity to emphasize that we will continue our mission to provide families with the stability and resources they need during their child's illness or injury. We have officially re-opened our doors to new families and will serve them in the best way that we can. Our families need us, and together, I am confident that we can thrive for them no matter the circumstances.

For those of you that I have not yet met, I have worked at Ronald McDonald House Charities of the Southwest for five years as the Director of Finance before stepping into my new role as President and CEO. I truly love this organization because the Ronald McDonald House was available to my family 13 years ago, and I now cherish the opportunity to serve families who may need help during a critical time. I am honored by this new opportunity to lead us into the future.

I would like to sincerely thank each donor for their financial support during this critical time, each volunteer for their continued help, and the staff of our House for their courage and effort to continue serving families through this time. You are the lifeline of our charity, and if there is any support that you need from me, I urge you to please reach out – I will do everything that I can to make our working relationship a beneficial one. I am here to help!

Emmanuel Ramirez



President & CEO
Ronald McDonald House
Charities of the Southwest

SPECIAL THANKS to RMHC's OWN

You may have noticed over the last several months, there have been great videos released promoting RMHC events. These videos have made a significant impact in our social media presence, thus advancing the



mission! Thanks to our Social Media Assistant, Caitlin Do, who has put so much thought and energy into growing our social media presence. We appreciate you!



RUN for the HOUSE

Results are IN & the Winner is...

Ronald McDonald House Charities of the Southwest is the clear winner! Amid postponed fundraisers, events and with the heightened safety measures in our community and around the world, the support of our RMHC friends continued. This virtual event garnered great participation and raised close to \$1500 to help advance RMHC's mission of *Keeping families close!*



Thank you to all
who participated!



Staff Spotlight on Cindy Antoniello, Programs Manager



Since September of 2019, Cindy has been part of the RMHC Staff Family. Cindy describes herself as outgoing, friendly, creative, organized and open-minded. Her primary duties include managing RMHC volunteers, as well as ensuring that the house is in good working order. She loves Mexican food, the music of The Eagles and Halloween is her favorite holiday.

Personal Motto: "It's all about the presentation!"

Hobbies: Photography, cooking/baking, journaling and travel

Personal Goal: To continue learning every aspect of RMHC and making sure the house runs efficiently.

Best Advice Ever Received: Be yourself.

Favorite Part of Job: The diversity of people and the variety of projects.

Challenge of Her Job: Never having enough hours in the day.

Skills That Make Her Great: Organization, innovation, creativity and communication

Person She Admires: I admire(d) my father. He came from a poor working family and put himself through college. Through hard work, he built a wonderful life/career for himself and our family. He was always true to himself and treated others with respect and taught me to do the same.

Wishes to be Remembered as: Kind and thoughtful to others.

What Inspires Her: Making a difference; helping others.



Get your "Track the SACK Snack Pack"!

Are you ready for some Football? Need snacks? Want to see Red Raider defense make QB-SACKS? Come get or let us deliver a sack with snacks so your game crew can TRACK the SACKS! It's our 19th season of teaming up with Red Raider Football to help families with hospitalized kids. Get your Game Day H-E-B bag today!

- ◆ Make a **\$20 Donation** and pick-up your game day grub.
- ◆ Make a **\$40 Donation** and RMHC Volunteers will deliver it to you!
(Snack Pack includes assorted H-E-B products.)

Download our new **RMHC of the Southwest** app. Click the **Quarterback S.A.C.K.** button & reserve your "Track the SACK Snack Pack"!

All of this for \$20!



Call Shalah @ 806.744.8877 to reserve yours today!

What's Cookin' @ THE HOUSE • SKILLET CHICKEN POT PIE

INGREDIENTS

- | | |
|---|---|
| • 1/2 cup butter | • 1/2 cup all-purpose flour |
| • 1 cup diced onions | • 1 cup milk (whole or 2%) |
| • 1 cup chopped carrots (about 2 medium) | • 2 cups chopped cooked chicken breast |
| • 3/4 cup chopped celery (about 2 stalks) | • 1 cup frozen sweet peas |
| • 1/2 tsp dried thyme leaves (not ground) | • 3/4 cup frozen corn |
| • 1/2 tsp seasoned salt | • 1—2 Tbsp minced fresh parsley |
| • 1/2 teaspoon ground black pepper | • 1 - 16.3 oz can refrigerated buttermilk biscuits (8 biscuits) |

DIRECTIONS

- 1) Heat oven to 375 degrees
- 2) Add butter to a 12" over-proof skillet (cast iron is best) and place over medium-high heat. Once butter has melted, add onions, carrots, celery, thyme, seasoned salt and pepper; cook 5 to 7 minutes, stirring frequently, until tender. Stir in flour, cook 1 to 3 minutes or until beginning to brown. Gradually stir in broth and milk, cooking and stirring 1 to 3 minutes longer, until bubbly and thickened. Stir in chicken, peas, corn. Add parsley. Remove from heat.
- 3) Separate dough into 8 biscuits. Cut each biscuit into fourths. Top chicken mixture with biscuit pieces.
- 4) Bake in preheated oven for 16 to 20 minutes or until biscuits are golden brown. Let stand 5 minutes before serving.

JAX TURNS 7!

On August 20th, arguably the windiest day of the year in Lubbock this season, RMHC hosted a drive-by birthday celebration for Jax, the Chief Cheer Officer of RMHC of the Southwest.

Jax turned 7 years old and still enjoys his work helping children and families at RMHC.

Thanks to all of our friends who drove by to wish him a Happy Birthday!



RMHC FAMILY FEATURE

The Watt Family - Hobbs, NM

Submitted by Stephanie Watt

We were welcomed to the Ronald McDonald House Charities of the Southwest on July 2, 2018, when our daughter Emma was born at 36 weeks in Seminole, Texas. She was brought to the NICU at UMC Hospital due to having Apert Syndrome. Apert Syndrome causes craniosynostosis which is the early fusing of the sutures in the skull, the fusing of fingers and toes, protruding eyes, and a pushed in midface. Emma's midface was pushed in quite a bit and she was bagged for 5 hours in Seminole until the UMC transport team was able to come and get her. They got her intubated and took her via ambulance to UMC where she was placed on a ventilator until she was able to breathe on her own 2 weeks later.



We stayed with RMH for a total of 3 weeks while we waited for Emma to be healthy enough to come home. During this time the amount of support that we received from staff and volunteers was overwhelming. It was comforting to know that I was within walking distance to Emma and was able to go get some rest and be fed a home-cooked meal. When you're going through these situations, this support means more than I can put into words. When we were released to go home, we thought that our time with RMHC was finished as well. We discovered months later that anytime we had an appointment for Emma we could stay at the House. Living two hours away, this is an amazing help. It is such a blessing. In these past two years, the staff has become like family and we have stayed with them multiple times. We are so grateful for the relationship that we have built with RMHC of the Southwest. They have been such a huge blessing in our life.

Yes, we are
OPEN

Throughout the pandemic, RMHC continued to support families of hospitalized children. During stay-at-home orders, we continued to serve families until their child's hospitalization was over. While the community was under quarantine, Ronald McDonald House was commercially cleaned, sanitized, and updates were made to furnishings, closets and storage spaces were organized. The time was well spent taking care of things that

are necessary, but often delayed due to more pressing needs. Policies for the safety and protection of the staff, volunteers and families were put in place and procedures were implemented to ensure families with immunocompromised children were provided with the safest environment possible.

RMHC is thrilled to once again be accepting NEW families! Over the weeks to come, the House will carefully and strategically move through the steps which allow volunteers and guest chefs back in the house safely. Presently, virtual and outdoor volunteer opportunities are available for groups and individuals. Your support is still needed! If you'd like to learn more about how you can help, call the office at 806.744.8877 or email cindy@rmhcsouthwest.com.

Be watching for :

* Upcoming RMHC Scholarship Opportunities (submissions accepted via RMHCSouthwest.com November - January)

* Details about the next Red Shoe Shindig coming in 2021

* Convenient new features on the *RMHC of the Southwest* App

VOL NTEER for RMHC, *Just Missing "U"*

The world has changed, and so have our needs.

INTRODUCING: HOUSE TO HOME

As families are released from the hospital and begin their journey home, an empty pantry often awaits them at home. In an effort to make this transition smooth, the **House to Home Program** is being implemented. In partnership with **H-E-B**, we are now able to send families home with essential grocery and pantry items, toilet paper, etc. Through grant funds and donations, families will also be given fuel and grocery assistance as needed. If interested in donating to this program, contact the office at **806.744.8877**.



PROVIDE A MEAL FOR THE FAMILIES



The Guest Chef Program looks different amid the current safety restrictions for the House. With volunteer programs currently limited, Guest Chefs have been asked to provide meals, rather than prepare meals. Having a meal delivered or donating gift cards for staff to prepare meals in-house is the best way to support RMHC families during these times.

If you have friends, family or know of organizations that may want to help in this way, call 806.744.8877 or email cindy@rmhcsouthwest.com.

CURRENT NEEDS:

SINGLE SERVE ITEMS:

- Salt/Pepper Packets
- Condiment Packets (Mayo, Mustard, Ketchup, Relish, Butter, Peanut Butter, Salad Dressings, Syrup, Jelly)
- Single Serve Juices - any flavor
- Individual Coffee Condiments (Sweeteners, Creamer, Wrapped Coffee Stirs)
- Compartment Plates w/Lids
- Food Safe Gloves

OTHER NEEDS IN THE HOUSE:

- Plastic Zipper Mattress Protectors (twin & queen)
- Lysol Spray / Disinfectant Wipes

Drop off at The House or purchase online and send directly to **3413 10th Street, Lubbock, TX 79415**.

RMHC 2020 BOARD OF DIRECTORS

- | | |
|-------------------------------------|--------------------|
| • Ty Jones, Board Chair | • Jacoby Madewell |
| • Steven Maddux, Chair Elect | • Brian Payne |
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**Ronald McDonald
House Charities®**
of the Southwest



For more information, contact

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Shalah Smith at shalah@rmhcsouthwest.com

or **call 806.744.8877**

RMHCSOUTHWEST.COM

Search **"RMHC of the Southwest"** in your app store and download our App for up to date information.