



Ronald McDonald
House Charities®
Southwest Florida

Keeping families close

How Can I Help?





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Here are some helpful ways your group can help Ronald McDonald House Charities of Southwest Florida!

- Write a Positive Note to help encourage families with children at Golisano Children's Hospital
- Book a flight, hotel, car, or vacation package with Charity Pro Travel
- Volunteer
- Pull Tab Collection
- Family Meal Program or Baking Buddies (up to 8 people at a time)
- Become a sponsor at one of our events (For more info, call 239-437-0202)
- Secure Silent Auction and Raffle items for our events (call 239-437-0202 for info)
- Instead of birthday gifts, ask your friends and family to donate to RMHC by creating a Birthday Fundraiser on Facebook
- Vehicle Donation Program
- Host an Event/Fundraiser where proceeds go to RMHC i.e. Garage Sale, Bake Sale, Car Wash, etc.
- Wish List Drive
- Put together Care Packs for Family Room
- Planned Giving
- Donate your change to RMHC Donation Boxes at McDonald's and participate in any in-store fundraisers
- Amazon Smile
- Driver's License and Tag Renewal Contribution

If you have questions about any of these ideas or have an idea of your own, please call Illeny Farese at 239-437-0202 or email her at illeney@rmhcswfl.org.

Get Involved



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Items Needed

Annie's Toaster Pastries
Apples
Applesauce (Snack Size)
Arm & Hammer (for Refrigerator/Freezer)
Bananas
Brownie Mix (Boxed)
Cake Mix (Boxed)
Cereal (Multipack/Single Serve)
Chocolate Chips
Clorox Disinfecting Wipes
Coffee – K Cups (Breakfast Blend/Dark Roast)
Coffee Creamer
Cookie Dough (Frozen-Ready to Bake)
Crock Pot (Slow Cooker) Liners
Deodorant (Travel Size)
DAWN Dishwashing Liquid (Small Bottle)
Forks (Plastic)
Gift Cards (Publix/Walmart/Target/etc.)
Greek Yogurt (Individual Size)
Honey
Hummus (Snack Size)
Icing/Frosting (Tubs)
Laundry Detergent (Liquid or Pods/Free of Dyes & Perfumes)
Laundry Dryer Sheets (Free of Dyes & Perfumes)
Liquid PLUMR
Mouthwash (Travel Size)
Napkins (Vanity Fair – everyday)
Nuts (Snack Size Packets)
Paper (White – Reams of 500)
Paper Bowls (Small – NO STYROFOAM)
Paper Towels
Pillow Protectors
Pop Tarts
Raisins (Snack Size/Craisins/Yogurt Covered)
Shampoo (Travel Size)
Snack Bars (Nutri-Grain/Belvita/Quaker Oats/etc.)
Spaghetti O's
Spoons (Plastic)
Storage Containers w/Lids (Plastic – Large)
Tea- K Cups
Tissue Boxes (Kleenex/Puffs/etc.)
Toothbrushes/Toothpaste (Travel Size)
Trash Bags (Heavy Duty – 13 Gallons)
TV Dinners – Frozen (Banquet/Swanson/etc.)
Vinegar- White (Gallon Jug for Cleaning)
Queen Sheets- White (Fitted and Flat)
Ziploc Storage Bags (Quart and Gallon)

**Items can be dropped off or sent to the Ronald McDonald House at
16100 Roserush Court Fort Myers, FL 33908. Any questions, please call 239-437-0202.**

A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling 1-800-435-7352. Registration does not imply endorsement approval or recommendation by the state. No goods or services have been received in exchange for donations. Registration # 11-3704163.



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Believe it or not, we want you to give us the best of your trash.

Here at Ronald McDonald House® of Southwest Florida, we are actively collecting pull tabs from the tops of soda cans. We do not want the entire can, only the pull tab, which is easily twisted off and just as easily saved.

The pull tabs are pure aluminum and can be sold as scrap, rather than recycling, to a local dealer. Most the value of the entire can is right there in that little tab.

Our House is located on the campus of HealthPark Medical Center, immediately behind the Golisano Children's Hospital. We have six guest rooms, each having its own private bath. The rooms are designed to accommodate up to four family members. We also have a fully stocked kitchen with plenty of food for our guest families.

For families who can afford it, we ask for \$10.00 a night for a room donation, however, no one is turned away for inability to pay. Many of our residents cannot afford it as their child's healthcare expenses are already stressing their financial resources. Therefore, it is vital that we be creative in generating revenue, hence the "Pull Tab Program."

No matter what your age, everyone is able to collect pull tabs and the families who stay with us will be the true beneficiaries of your time and effort. All monies earned for the pull tab collections are put directly back into the daily operations of our local House. Please collect your pull tabs and drop them off (or mail them).

Ronald McDonald House Charities of Southwest Florida
16100 Roserush Court Fort Myers FL 33908
239-437-0202

FUN FACTS ABOUT POP TABS!

1 pop tab = 1 inch

12 pop tabs = 1 foot

63,360 pop tabs = 1 mile

1,267 pop tabs = 1 pound and 1 pound = \$0.48 cents when we cash in

1,000,000 pop tabs = 790 pounds (approximately)

1,578,044,160 pop tabs = 1 trip around the earth

Pull Tab Program



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FORM: Fill out a Volunteer Application.



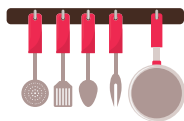
SCHEDULE: Call to schedule a date. We need your name, phone number & email.



CONFIRM: Confirm by calling the House at 239-437-0202 prior to your scheduled meal date for final headcount (max is 24 people).



SHOP: Decide on your menu & purchase supplies. Prepackaged & sealed desserts are acceptable. Beverages are not required.



COOK: Families start to arrive at the house for dinner between 5:30pm-6pm. You may come early to prepare & we'll heat up the meal later or you can come late afternoon. We have cooking utensils, pots, pans, two stoves, two microwaves, a toaster oven, & two crock pots.



CLEAN: We ask that you clean up the kitchen after the meal preparation. Cleaning supplies are provided.

Please call 239-437-0202 if you are interested in cooking a meal. If unable to come in and prepare a meal, please consider purchasing a meal to be delivered by a local restaurant. Thank you for your support!



Volunteer Application

APPLICANT INFORMATION	
Full Name (include middle initial):	
Birthday: (mo/day/yr)	
Full Address:	
Home Phone:	Cell Phone:
Email:	
Emergency Contact Name & Phone:	
Community Affiliations (Clubs/Organizations):	
Have you ever been convicted of a felony? If yes, explain:	
How did you hear about us?	
EXPERIENCE	
Education/Special Training:	
Hobbies:	
Do you have previous volunteer experience? If yes, for what agency?	
Current/Former Occupation:	
Reason for wanting to volunteer for RMHC:	
SKILLS	
Computer?	Programs?
Foreign Languages Spoken?	
Sign Language?	
Other Skills?	
PHYSICAL HEALTH	
For your protection, do you have any chronic health problems? (i.e. special medication, under the care of a physician, etc.)? If so, please explain:	

AVAILABILITY

How often are you available? **Once a week** **More than one a week**

What shifts can you work?

HOUSE: 9am-1pm 1pm-5pm 5pm-9pm

FAMILY ROOM: 8am-12pm 12pm-4pm 4pm-8pm

What day/days of the week are you most available?

ADDITIONAL ROLES

What additional roles interest you (aside from in-house roles)?

Fundraising	Household Chores	Special Events	Office/Clerical
Family Room	Family Meal Program	Donation Pick-Up	Maintenance/Handyman
Other:			

REFERENCES (Professional or Volunteer Agency)

Full Name: _____ **Occupation:** _____

Full Address: _____

Phone: _____ **Relationship to Applicant:** _____

Full Name: _____ **Occupation:** _____

Full Address: _____

Phone: _____ **Relationship to Applicant:** _____

AGREEMENT

I certify that answers given herein are true and complete to the best of my knowledge. I authorize investigation of all statements contained in this volunteer application as may be necessary for volunteer participation. I understand that this application is not intended to be a contract of employment. In the event of becoming a Ronald McDonald House Charities of SW Florida volunteer, I understand that false or misleading information given in my application or interview(s) may result in discharge. I understand, also, that I am required to abide by all rules and regulations of the Ronald McDonald House Charities of SW Florida.

Signature: _____ Date: _____

FOR OFFICE USE ONLY- DO NOT MARK BELOW

DATE: _____

- Background**
- Orientation/Tour- House**
- Orientation/Tour- Family Room**
- Shadow (on-site)**
- Student Hours**
- Confidentiality Agreement Signed**
- Profile Created**
- Newsletter/Database**

Ronald McDonald House Charities of Southwest Florida

Proposed Event Form

(please print)

Event:

Brief Description of Event:

Event Website (if applicable): _____

First Time Event: Yes _____ No _____

Sponsor(s): _____

Contact Person: _____ **Title:** _____

Phone Number: _____ **Fax:** _____ **Email:** _____

Date/Time of Event: _____

Location of Event: _____

Approx. Number of Attendees (if applicable): _____

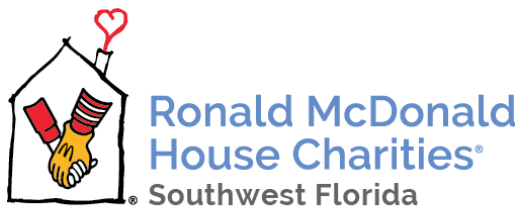
Projected Dollars and/or In-Kind Goods to be Raised/Collected for RMHCSWFL:

We agree that all print/video/on-line materials will be presented to RMHCSWFL for approval before they are produced, printed or released: _____ Agree

Expectations of RMHCSWFL:

Submitted by: _____ **Date:** _____

**Please return form to: Ronald McDonald House Charities® Southwest Florida, Inc.
16100 Roserush Court • Fort Myers, FL 33908
office: 239-437-0202 • fax: 239-437-3521
Email: Amy@rmhcswfl.org**



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The mission of Ronald McDonald House Charities of Southwest Florida is to create, find and support programs that directly impact the health and well being of children and their families in Southwest Florida.

**Thank you for
your support!**