

Around the House Celebrate 2019 With Us



RMHC Associate Board presented a check from the Songwriters Night they hosted to benefit the House.



Loyal supporter, Trecia Martin, and Sadie helped us celebrate the 29th Birthday of the Nashville Ronald McDonald House.



TBHC Delivers selected RMHC of Nashville as the beneficiary of their Selling to Serve Initiative.



GameStop saw our need of games while here making lunch and brought brand new PS4 games for the big kid playroom.



The Cornersville High School FCCLA and FBLA groups came to the House to bring donations and take a tour.



Aidan Flynn, with help from friends and family, collected wish list items & gift cards as part of his Macon County 4-H project.



The Nashville ADPI Alumnae Association celebrated the 40th Anniversary of the ADPI National partnership with RMHC.



Kindergarten students from St Bernard Academy donated toilet paper and sang a song to our staff and families.



The Massa Family collected wish list items in honor of Haegan's Birthday and had such success they had to deliver it in a trailer!



Ronald McDonald House Charities®
Nashville

House Notes

WINTER 2019

A Communicative Publication of Ronald McDonald House Charities of Nashville, Tennessee, Inc.

A Heartfelt Wish for the Holidays

At just 8 years old, Trinity Scott was diagnosed with Cardiomyopathy, a heart disease that restricts blood flow to the rest of the body. Doctors informed Trinity's parents, David and Melanie White of Sweetwater, TN, that this heart condition typically goes undetected until it's too late. Fortunately, Trinity was diagnosed at an early age and could begin medication and be monitored closely for progression of her disease.

Since her diagnosis 7 years ago, Trinity continued being a very active girl who wasn't going to let her heart condition slow her down. She enjoyed playing fast pitch softball, singing songs with her younger sister, Katie, and being involved in her church youth group. Things slowed down this past July when Trinity started feeling lightheaded and sick to her stomach.



Trinity is looking forward to getting back home with her siblings!

She was diagnosed with a virus that was going around their small town, and it wasn't until September that Melanie found Trinity passed out in her bedroom and knew this was more than a virus. It was then that her family sought a second opinion at Monroe Carell Jr. Children's Hospital at Vanderbilt. They discovered Trinity's heart condition had worsened and she would need a new heart. As if that wasn't enough, Trinity didn't qualify for the transplant list due to her Pulmonary Vascular Resistance (PVR) level. While medication typically corrects the PVR, Trinity's heart was too weak to withstand the necessary treatment. The doctors only option was to implant a Ventricle Assist Device (VAD), a mechanical pump that supports the heart function and blood flow in patients with weakened hearts. The implanted VAD will hopefully get Trinity's heart back on track so that she can be placed on the transplant list.



Trinity was excited to see the festive decorations when they checked into the Ronald McDonald House!



On November 4th, after a six week stay in the hospital, Trinity became the very first pediatric patient to leave the hospital with a VAD. She and her parents were so relieved to get out of the confines of the hospital and check into the Nashville Ronald McDonald House. David, Melanie and Trinity are thankful to have a quiet place to catch up on sleep, do laundry and enjoy homecooked meals every day, all as a family.

Trinity must keep the VAD (nick-named "Alice") plugged into a battery pack or an electrical outlet at all times, but that hasn't prevented her from enjoying some normalcy. She has been able to rest, complete her school work and watch football

(go Vols!) with new friends made while staying at the House.

Doctors continue to closely monitor Trinity's PVR and pressure with heart catheterization's twice a week. Once her heart meets the recommended parameters, she will be placed on the heart transplant list as a high priority. Trinity and her family must also remain within 4 hours of the hospital as they wait for a new heart. Post-transplant, Trinity and her parents will need to stay close to the hospital at the Ronald McDonald House for at least 3 months while they make sure her new heart is working properly and there is no sign of rejection.

Melanie said, "it looks like we will be calling Ronald McDonald House our home away from home for a while." While Trinity has a long journey ahead of her, she and her family stay positive by Facetimeing with family and friends back in Sweetwater and listening to a playlist of uplifting and encouraging songs they created while she was recovering from her VAD surgery. Melanie is a caterer by trade, and while Trinity tries not to think about all the steps she has to go through to get healthy, she is most looking forward to getting back home to see her siblings and enjoy some of her mom's special meals.♥

Our Holiday Wish List Can You Help Make Our Wishes Come True?

Imagine being far from home during the holidays and facing the critical illness of your child. That's the reality facing the families who call our House their home each night this holiday season. We ask you to help us make the holidays a little bit brighter for families by donating items on our holiday wish list.♥

GIFTS FOR OUR FAMILIES

- | | | |
|--------------------------------------------------------------------------------------|-------------------------------------------------|--------------------------|
| Photo Albums | Infant Socks / Booties | Diapers (sizes NB and 1) |
| Journals | Rattles | Premie Clothing |
| Jewelry (preteens / teens) | Baby Toys | Infant Clothing |
| Lotion Gift Sets | Baby Dolls (all cultures, no stuffed animals) | Socks |
| Perfume Gift Sets | Toys (ages 1-5) | Gloves |
| Gift Cards (fast-food restaurants, Target, Wal-Mart, Dollar General, iTunes, Amazon) | Art & Craft Sets (no coloring books or crayons) | Winter Hats |
| | | Scarves |
| | | Car Seats (4-30 lbs) |

SUPPLIES FOR THE HOUSE

- | | | |
|----------------------------------------------------------|------------------------------------------------------------|----------------------------|
| Standard Size Pillows & Pillow Protectors (with zippers) | Dish Cloths | Gift Cards for Sadie |
| Flat Screen TVs with built in DVD Players (20 inch) | Dish Towels | Pet Supermarket and Amazon |
| Trash Bags (all sizes) | Pot Holders | |
| K-Cups (assorted flavors) | Rubber Mats for inside the Bath Tub | |
| | Gift Cards (Lowes, Home Depot, Walmart, Target and Amazon) | |

NOTE: ALL GIFT ITEMS ARE TO BE NEW ITEMS ONLY.
Thank You!

Still Unsure About a Gift? Search for "Ronald McDonald House Charities of Nashville" on the Target.com registries and lists page or search for "RMHC of Nashville" on Amazon.com

A WINE + CRAFT BEER + SPIRITS TASTING EVENT
NASHVILLE FARMERS' MARKET
 900 ROSA L PARKS BOULEVARD, NASHVILLE
FRIDAY, FEBRUARY 28 2020 • 6:00 P.M. - 9:00 P.M.
 ORDER TICKETS ONLINE: WWW.RMHCNASHVILLE.COM/EVENT

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Ronald McDonald House Charities®
Nashville

2144 Fairfax Avenue · Nashville, Tennessee 37212
615-343-4000 · Fax: 615-343-4004
rmhcnashville.com

Ronald McDonald House Charities® of Nashville is one of 371 Houses and 257 Family Rooms worldwide. The House provides shelter, emotional support, understanding and a home-like environment to families during their time of need. Please help continue the caring!

OUR HEARTS REMEMBER

JULY 2019 - NOVEMBER 2019

Throughout the years, families come to us in search of hope and support when their child faces a medical crisis. For many, miracles happen, but for some, the journey ends. We remember them all as they remain a part of our history and forever in our hearts.

Amiya Hammonds
Elisabeth Violet Howard
Beatriz Manzo

Kaelyn Mullins
Ezekiel Ogles
John Pernell

Cooper Swims
Yeison Tomas
Harper Wilkins

If you are interested in making a donation In Honor or In Memory of someone special, please visit our website: www.rmhcnashville.com and click the donate button near the top of the web page.

Caring Corporations – Spotlight on Healthpeak



Healthpeak Medical Office Properties has shown support of guest families at the Nashville Ronald McDonald House the past few years. Healthpeak is an annual sponsor of the Adopt A Room program and has gifted grants for various needs at the House such as new family food lockers and a commercial refrigerator. In addition to their monetary support, Healthpeak employees have held food drives throughout the year and an annual toy drive to help stock our Holiday Marketplace where guest families pick out Christmas presents. We are grateful that Healthpeak is always looking for creative ways to get involved and help our families!

Why Your Donation Matters

Your gift to RMHC of Nashville allows us to keep families close by providing essential resources and a “home-away-from-home” for families of critically ill children receiving inpatient or outpatient medical care at Nashville area hospitals. Our annual budget is more than \$1,600,000 per year, and 100% of our program and operational funding is raised through the community from individuals, corporations, private foundations and organizations.

There are many ways you can help us help families in need, and we appreciate every donation! You can donate online to our various programs at rmhcnashville.com or by mail at Ronald McDonald House Charities Nashville, 2144 Fairfax Avenue, Nashville, TN 37212.

Because there are so many ways to invest in our programs, we’ve highlighted a few different ways to give to Ronald McDonald House Charities of Nashville, starting with these options:

Planned Giving Make a Gift and Make a Difference!

With a little planning and a big heart, you can strengthen sick children and their families today and for years to come. There are several ways you can help us serve families of seriously and chronically ill children through planned gifts without sacrificing income or security for your own family:

- Donate gifts of stock
- Include us as a beneficiary of your retirement plan
- Name us as a beneficiary of your estate by will, trust or other instrument.

We respect that some donors prefer anonymity and invite you to let us know about your plans on a confidential basis. Knowing your plans to help families of critically ill children helps us plan wisely for the future.

Adopt A Room

This program gives families a place to stay when they need it most. Families are asked to donate \$15 per night to stay at the Ronald McDonald House, however, no family is ever turned away due to the inability to pay. Adopt one of our 33 standard bedrooms for a \$5,500 annual sponsorship or one of our 3 extended stay suites for a \$7,500 annual sponsorship. Adopt A Room Sponsors directly affect the lives of many families each year who will call this room “home” while their child is receiving medical treatment at a Nashville area hospital.

Please visit our website (www.rmhcnashville.com/adopt-a-room/) for more information about this program, including the ways we will recognize the difference you are making on each families’ lives.

We are grateful for our 2019 Adopt a Room Sponsors, including: Healthpeak Medical Office Properties, Johnson Family, Jordan Hackett Foundation, Josie Mazzo Children’s Charities, LifePoint Health, In Memory of Mikayla Honeycutt, Pinnacle Financial Partners, Stites & Harbison, and the RMHC of Nashville Board of Directors. This exclusive group of Adopt A Room Program Sponsors is invested in our families, our House, and the goal of turning a time of uncertainty and fear into comfort and support.

For more information about donating please visit rmhcnashville.com or contact

Amy Southard, Development and Communications Director, at 615-343-4000 or amy@rmhcnashville.com.

To Give a Gift: 615-343-4000 or www.rmhcnashville.com/donate

Henley Heads Home



If you saw this spunky girl dancing around the Ronald McDonald House, you would never think she was sick. In conversation you would soon learn that this 4 year old knows more about hospital stays and the word cancer than any child should. Henley was diagnosed with small cell cancer at just 5 months old when her mother noticed an abnormal spot on her leg. Fortunately, Henley went into remission as a baby and remained cancer free until this past spring when it returned in her abdomen. Henley and her mom, Areesa, have called the Ronald McDonald House

their “home-away-from-home” twice this year while Henley underwent a stem cell transplant and radiation treatments. Paying for a hotel room in Nashville was out the question for Areesa, a mom of 4 from Chattanooga, so a room at the Ronald McDonald House was a huge weight lifted from her shoulders.

With a safe place to rest, meals provided by amazing volunteers, and toys galore to keep Henley entertained, Areesa’s main focus could be on her daughter beating cancer. Great news...Henley was cleared to return home in October where she couldn’t wait to be reunited with her 3 brothers, dad and dogs, Rebel and Rowdy. While the daily dance parties to “The Git Up” and “Old Town Road” will be missed by all the staff, we are so glad she is doing well.♥



The 2019 Southern Living Christmas Cookbook is Here!

Cooking and entertaining are a little more meaningful when you are helping to keep families together! Purchase the Dillard’s 2019 Southern Living® Christmas Cookbook for just \$12 at your local Dillard’s department store. This cookbook makes a great gift and all proceeds benefit local RMHC Chapters in Dillard’s markets!♥

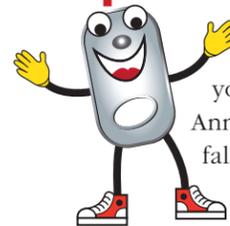
Love Letter – From A Guest Family



“RMH could not have been any better to me and my family. Thank you so, so much, from the bottom of our hearts for absolutely everything. You were there for us when our little girl’s fate was in the hands of medicine and time. It is people like the wonderful ones that make this house run that forever restore my faith in mankind. Thank you. My little girl thanks you, too.♥

– Drew from Knoxville, TN

Collect Pull Tabs to Help Families in Need.



Millions of pull tabs are collected and donated to the House year-round and, if you’re competitive, you can participate in our Annual Pull Tab Collection Challenge! Each fall, schools, businesses and organizations from all over middle Tennessee, southern Kentucky and northern Alabama compete to collect the most pull tabs per person to be recycled with proceeds underwriting the cost for families to stay at the House. This contest culminates with an exciting Drop Day Celebration at the Nashville Ronald McDonald House where groups pour their pull tabs into giant dumpsters to be taken to the recycling center. We appreciate everyone who collects and all those who participated in the 15th Annual Pull Tab Collection Challenge! Each time you open a can, please pull for RMHC of Nashville!♥



Discounted tickets to The Dancing Lights of Christmas at the James E. Ward Agricultural Center are for sale at the House again this year! This mega drive-thru light show is open 5pm-10pm every night now thru January 4th, 2020. Tickets are \$15 per car, and must be picked up at the House (cash or check only). Please note: In an attempt to cut down on traffic issues, the discounted tickets purchased at the House are only valid for entry Sunday-Thursday.♥

For More Information: 615-343-4000 or www.rmhcnashville.com