

# WAYS TO HELP

FALL 2020



Ronald McDonald  
House Charities®  
Philadelphia Region

## SPONSOR A MEAL

Sponsor a pizza party, catered meal, or holiday-themed meal!

Donations of \$500+ cover the full cost of a meal for all of our families.

To learn more, contact Lori-Anne Miller at [lori-anne@philarmh.org](mailto:lori-anne@philarmh.org)

## DONATE AMEX POINTS

Your company's American Express points can be converted into gift cards and hotel stays for the families with seriously ill children that we serve.

Contact Chris Callanan at [chris@philarmh.org](mailto:chris@philarmh.org)

## SHOW YOUR STRIPES

Show Your Stripes is a social media campaign to help raise awareness for RMHC of the Philly Region and to show solidarity with our families.

Visit [PhilaRMH.org/ShowYourStripes](http://PhilaRMH.org/ShowYourStripes) to get involved.

## READ FOR THE HOUSE

Your child can help raise funds to support our programs by recruiting sponsors to give any amount of money for each minute they read throughout the month of February.

Visit [PhilaRMH.org/Read](http://PhilaRMH.org/Read) for more information.

## ASSEMBLE KITS

To make our families' time at the House a little easier, assemble toiletry, dress-up, activity, or spa kits off-site and ship them to the House.

See the next page for more details.

## ORGANIZE A WISH LIST DRIVE

Visit [PhilaRMH.org/Amazon](http://PhilaRMH.org/Amazon) to see what we need. We prefer you to ship to us. Appointments for delivery must be scheduled by emailing Linda at [Lpusatere@philarmh.org](mailto:Lpusatere@philarmh.org).





Even though your team cannot volunteer at the House, the families staying with us still need your support. To make their stay a little easier, please select a kit that your team can assemble off-site and ship to us. When assembling kits, please wear gloves and masks as an extra precaution during COVID-19. We ask that you do not include paints, glue, stickers, clothing, cosmetics or food in any kits. To avoid including unnecessary items, we recommend adhering to these lists.

## FOR THE KIDS

### Dress-Up Kits

(assemble items in a sturdy, clear zip-lock bag or clear box)

**Superhero kit** – cape, mask, with a superhero-themed book, puzzle, game or activity

**Princess kit** – tiara, princess dress/tutu, coordinating necklace, with a princess-themed book, puzzle, game or activity

**Other dress-up kits** such as doctor, nurse, veterinarian, chef, firefighter

### Fun Kits

(assemble items in clear zip-lock bags or clear cinch sacks)

**Ages 3 to 6 years** – puzzles, matching game cards, small toys and games (Hot Wheels, tea party set, puppets, rubber ducky), Viewfinders, coloring books and crayons

**Ages 7 to 12 years** – puzzles, riddle books, card games (Uno, Crazy 8s, Old Maid), magic tricks, stress balls, games (mini Jenga), origami paper

**Ages 13 to 17 years** – puzzles, riddle books, card games (Uno, Crazy 8s, Old Maid), journals, stress balls, Rubik's cube, metal brain teasers

## FOR THE CAREGIVERS

### Fun Kits (18+ years)

(assemble items in a sturdy, clear zip-lock bag cinch sacks)

- Adult coloring books/mandala
- Colored pencils with sharpener
- Puzzle books (word search, crosswords, anagrams, Sudoku)
- Journals
- Stress balls
- Stationery

### Spa Kits

(assemble items in clear zip-lock bags or cinch sacks)

- |   |  |
|---|--|
| • Journals                              | • Stress balls   |
| • Eye pillow                            | • Lip balm   |
| • Face mask                             | • Reusable water bottle                                |
| • Lotion (scented/unscented)            | • Herbal teabags                                       |
| • Loofah/body brush                     | • Cards/small books with inspiring quotes/affirmations |
| • Special soaps                         | • Battery-operated candle                              |
| • Nail kits (no nail polish or remover) |  |
| • Scrunchies (hair ties)                |  |
| • Mini muscle massager                  |  |

## FOR THE FAMILIES

### Toiletry Kits

(assemble in travel-sized items in a sturdy, clear zip-lock bag)

- |                          |               |
|--------------------------|---------------|
| • Toothbrush             | • Bar soap    |
| • Toothpaste             | • Shampoo     |
| • Body lotion            | • Conditioner |
| • Unisex deodorant stick |               |

**Batches of 25 or more can be shipped to:**

**Ronald McDonald House Charities  
of the Philadelphia Region  
3925 Chestnut Street  
Philadelphia, PA 19104**

**Thank you for your donation!  
We appreciate your support.**