

SUPPORTING FAMILIES

CARING PROJECTS



Ronald McDonald House Charities® of the Bluegrass offers programs that directly improve the health and well-being of children and strengthens families by keeping them together in times of medical need.

KEEP IN MIND

The Ronald McDonald House is a 21 bedroom facility that serves approximately 50 people a day, and our Family Room program serves hundreds of guests a week. We have a diverse array of families and RMHC of the Bluegrass wants all families to feel welcome so we ask that you refrain from sharing religious materials when creating items for the families. When possible, materials in English and Spanish are appreciated. Please drop-off items at the Ronald McDonald House, 1300 Sports Center Drive (across from Kroger Field). Donations are accepted every day between 9:00 am and 9:00 pm.

HOW YOU CAN HELP



- 1 Grab N Go Snack or Breakfast Kits** are a great way to support families as they spend long days in the hospital with their children. Pack a snack bag with a small water or juice & breakfast treat or afternoon snack item. Feel free to include a note (please no religious messages or "Get Well Soon").
- 2 Toiletry Care Kit** is a little way to share a big welcome to our home away from home. Fill quart or gallon size Ziploc with travel-size necessities (toothbrush, toothpaste, comb/brush, shampoo, conditioner, deodorant, lotion, lip balm, hand sanitizer, facial tissue). Feel free to include a tag or note (please no religious messages or "Get Well Soon").
- 3 Busy Bags** help keep kids happy. These will be distributed to House guests and through our Happy Wheels Cart program to occupy kids with long waits for appointments or tests. Everything fits in an A4 size pencil case—making it easy to transport. Items: paper plates (x10), paper tape (washi tape), toy cars, watercolor paint set/pens/markers, plain paper, balloons, rulers. Make an Activity Book: write up ways to have fun! Here are 5 ways you can use the items above: Tape Roads; Paper Plate Tic-Tac-Toe; Paint What You See; Paper Plate Balloon Tennis; Paper Plate Masks
- 4 No-sew blankets** help everyone feel warm and cozy with fleece blankets! For double-sided blankets, here is recommended yardage: Adult size = 2 yards of each; Child size = 1 1/2 yards of each; Baby size = 1 yard of each. Sample instructions can be found here:
<https://www.instructables.com/id/-No-Sew-Fleece-Blanket-1/>
- 5 Worry Stones** give our families something small to carry in their pockets and rub when they feel anxious. Worry stones are a simple way to bring great comfort! You can find smooth stones to paint or use polymer clay to make your own. Sample instructions can be found here:
https://www.ehow.com/how_7527194_-make-worry-stones.html
- 6 Door Decorations & Banners** help our House feel like Home! Create door decorations for our 21 guest room doors! These could say "Welcome" "Have a great day" or be themed for the seasons/holidays. Other decoration ideas include banners to decorate other parts of the Ronald McDonald House. Get creative!

But wait, there's more!!!



7 Decorated Tote Bags are great for families on the move. Tote bags hold everything for them during this time. From snacks to meds, from clothes to activities, everyone wants and needs a bag. Canvas totes are readily available in craft supply stores and online.
Be as creative as you want!

8 No sew sleep masks provide relief for tired families on unusual sleeping schedules. Supplies Needed: Pattern, fleece or felt, fabric glue, Ribbon or elastic for ties. Sample Instructions & template can be found here:
<https://blog.potterybarn.com/diy-no-sew-sleeping-mask/>

9 NICU sock lovies can comfort infants in Intensive Care whose parents don't get to hold their children very often. Parents hold these Sock Lovies close—next to their hearts. This transfers their scent. When the lovie is placed near the baby, the child feels that his or her parents are near—as close as can be, **What You Need:** New Tube Socks (toddler size, 12 to 24 months); Hypoallergenic fiberfill; 1/4" white ribbon ; Embroidery Floss in Black or Brown and Pink; Embroidery Needle; Regular Sewing Needle and White Thread. **What to Do:** Stuff sock to where the knitting pattern changes. Stuff until sock measures about 6" around. Sew the open end securely and knot. (The ribbed part of the sock will be above thread) Fold cuff down to form a hat. Fold a small "cuff." Secure. Measure about 3" down from tie and tie 1/4" ribbon to form neck. Tack bow securely so it cannot be untied. With floss, stitch face onto the lovie.

10 Pack the Pantry and support the many families whose seriously ill children are being treated in Lexington. We always need food and other items to help keep our home a happy one. Due to our unique mission, we ask that all food items be individually wrapped, if applicable.

Cleaning Products & Laundry Needs: Disinfecting wipes, scrubbing bubbles bathroom cleaner, Swiffer wet pads, fragrance-free laundry soap pods.

Commercially Prepared Treats: Individually wrapped snacks (chips, goldfish, snack cakes, apple sauce pouches) and breakfast items (pop-tarts, muffins, instant oatmeal, cereal), fresh fruit. See our website for our Wish List that is updated monthly with pressing needs.

Challenge your colleagues, classmates, friends or family to support RMHC of the Bluegrass. Make it fun!

Wish List Drive: Lists are available on our website. Pick a few items and fill a box, a bus or a building!

Gift Card Drive: See who can bring the most gift cards for grocery stores, Walmart, restaurants or gas cards. Gift cards are a great benefit for families as they care for their ill children.



Connect with us on social!

Share photos of your caring project for RMHC of the Bluegrass. We want to see and share on our RMHC platforms so don't forget to tag us!



@rmhclxington



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Ronald McDonald
House Charities
of the Bluegrass