

VOLUNTEER OPPORTUNITIES



Ronald McDonald House Charities®
of the Bluegrass

Interest Form:



Every volunteer is essential to the success of Ronald McDonald House Charities (RMHC) of the Bluegrass. Year-round, hundreds of volunteers give of their time and talents to maintain the House, provide services for our guest families, and help us fundraise to make it all possible.

HOUSE VOLUNTEERS

House volunteers are vital to our mission- they perform a variety of duties including **answering the phone, housekeeping, helping with donations, greeting visitors, and cleaning public spaces throughout the House.** We have volunteers from 8:00 a.m.-9:00 p.m. daily, with shifts typically being in **3 hour increments.** A training session, criminal background check, and annual flu shot are required.

WORK GROUPS



You can volunteer as a work group helping to plant flowers, clean our kitchen, or assist with any of the many chores it takes to keep our House clean and ready for families.

MEAL GROUPS



Nothing keeps families together like a **“home” cooked meal!** Plan, purchase ingredients, and prepare the meal on site for our families. Our Health Department inspected kitchen can accommodate **groups of up to 8 volunteers.**

Breakfast: Prepare breakfast on Saturday or Sunday mornings to be served at 10 AM.

Lunch: Sign up to make a “grab and go” lunch (40-50 sandwiches) for guests staying at the House. We can host groups to make lunches at 10 AM and 1 PM daily.

Sweet Treats: Come make some sweet treats like cookies or brownies for our families to enjoy during their stay. We can host groups for baking at 10 AM and 1 PM daily.

Dinner: Cook dinner on any night of the week to be served at 7 PM. We also invite your group to join our families for dinner.

ACTIVITY NIGHTS



Part of being a home away from home for our families is creating an opportunity for them to have a little fun together! Volunteers are invited to plan, prepare, and lead an activity on a weeknight alongside dinner. Some fun ideas include BINGO, arts & crafts, game nights, or karaoke!

Hospital Programs



Hospital Program Volunteers must onboard through cohort based Orientation groups that include a background check, drug screen, TB test and immunization screen. Annual flu shots and other updates are required.

FAMILY ROOM



Upon entering the Ronald McDonald Family Room located within Kentucky Children’s Hospital, families are greeted by volunteers who act as hosts of the room. Volunteers register visitors, explain what services are available, and ensure guests have fresh coffee and snacks. Volunteers must work at least two, three-hour shifts per month between 9 AM and 9 PM.

CARE CARTS



For parents and other caregivers who are reluctant to leave their child, even for just a moment, the bright and cheerful Care Carts are a welcomed sight. These carts are stocked with snacks, toys, activity books and specialty items and serve families with children receiving treatment at clinics throughout KCH. Volunteers are invited to serve with the Care Carts on weekday mornings.