



Red Shoe 5k Run & Walk



Help families face the weight of illness together.

Ronald McDonald House Charities® of Greater Washington, DC (RMHCDC)

Ways You Can Help

You can make a difference to families in need in so many ways! It's easy to involve your school, organization, or business. See below for some examples. Get creative or call for more ideas!

- Cook a meal for families.
- Become a regularly scheduled volunteer.
- Sponsor, attend, or volunteer at events. Visit www.rmhc.org for more information.
- Donate Goods & Services (electricians, IT, plumbers, handy-man, etc.)
- Include a gift to RMHCDC in your estate plan.
- "Pull for the House" by collecting pop tabs.
- Give a cash or Wish List donation.
- Participate in workplace giving: United Way #9050; CFC #15005; MCC#52-1132262



Call and ask for the House Manager to get started! See back cover for contact information.

WEB: www.rmhc.org

EMAIL: info@rmhc.org

TWITTER: @RMHCofGreaterDC

FB: www.facebook.com/RMHCofDC

Connect



Ronald McDonald House® of Washington, DC
3727 14th St. NE
Washington, DC 20017
P: (202) 529-8204



Ronald McDonald House® of Northern Virginia
3312 Gallows Rd.
Falls Church, VA 22042
P: (703) 698-7080



Ronald McDonald Family Room® at CNMC
111 Michigan Avenue NW
Washington, DC 20010
P: (202) 476-4205



Ronald McDonald Family Room® at Inova
3300 Gallows Road
Falls Church, VA 22041
P: (703) 776-8060



KIDS Mobile Medical Clinic/
Ronald McDonald Care Mobile® serving Southeast Washington, DC Wards 4-8
P: (202) 444-8888



Ronald McDonald Care Mobile® FITNESS Program serving Washington, DC public schools
P: (202) 444-8888



RMHC
Greater Washington, DC

Keeping families close™

Easing the hardship of children's illness on families through programs that directly improve the health and wellbeing of children.

www.rmhc.org



More than
191,050
nights
shared with
families.



RMHC
Greater Washington, DC

Keeping families close

Our Mission

Ronald McDonald House Charities® of Greater Washington, DC (RMHCDC) eases the hardship of children's illness on families through programs that directly improve the health and wellbeing of children.

RMHCDC programs include: **two Ronald McDonald Houses, two Ronald McDonald Family Rooms** (at Children's National Medical Center and at Inova Children's Hospital), and **two Ronald McDonald Care Mobiles**: the KIDS Mobile Medical Clinic/Ronald McDonald Care Mobile® (KMMC/RMCM) and the FITNESS program. Both Care Mobiles are operated in association with MedStar Georgetown University Hospital.

Give a family with a sick child what they need most — each other.



"I loved that [Ronald McDonald House] allowed my family to stay together and still be so close in proximity to my sick son.- Family staying at the DC House"

Ronald McDonald House®

#KeepingFamiliesClose

Ronald McDonald Houses are filled with more than help; they're filled with hope. They help families stay together, spend more time with their sick child, and better focus on their health and treatment plans. Over the last 37 years, families have found relief for more than 191,050 nights at our two Houses.

Ronald McDonald Family Room®

Supporting Family-Centered Care

Our Ronald McDonald Family Rooms (on the Hematology/Oncology unit at Children's National and in Inova Children's Hospital) complement our partner hospital's family-centered approach to patient care by providing families a place to regroup - just steps from their child.

Ronald McDonald Care Mobile®

Providing a Medical Home to Underserved Children

The KIDS Mobile Medical Clinic/Ronald McDonald Care Mobile® (KMMC/RMCM) delivers free health care to children and adolescents in Washington, D.C. in wards 4-8, including physical, mental, vision and oral health. The second and newest Ronald McDonald Care Mobile is home to the FITNESS (Fun In Teaching Nutrition and Exercise to Successful Students) Program which partners with schools in DC, MD, and VA to deliver a curriculum focusing on healthy eating and the importance of physical activity to students in grades K-8.

Provide Access to Healthcare

RMHCDC gives families the ability to spend more time with their sick children, to interact with their doctors, and to make important decisions about their children's care.

For more information, visit us at www.rmhc.org



Ease the
Financial
Burden

\$15	60%	0
Suggested donation for a one night stay	Families that cannot afford \$15 per night	Families turned away for inability to pay

