



Aloha

From Our House to Yours

www.RonaldHouseHawaii.org

December 2010

Newsletter of Ronald McDonald House Charities® of Hawaii

A Message from our President



Terri Chong

Aloha!

Welcome. This newsletter is intended to be a "window" into The House That Love Built. As you read through it, I hope you will

not only get a sense of the strength and courage of the kids and their families that we assist, but also the unique, healing atmosphere that they find at Hawaii's Ronald McDonald House.

Some people think that it must be sad or at least very somber around here because of the gravity of the families' situations — and we do make

sure that it is easy for guests to find a quiet corner somewhere in our large homes or our soothing gardens for times of quiet reflection.

But it is really the sounds of children's laughter; families happily preparing meals and sharing activities together; and the warm feeling of Ohana that anyone who pays us a visit will remember.

Ronald McDonald House is a place of hope and a place of nurturing, where kids go on being kids and parents have the ability to hold on to family unity and dignity during a child's serious illness.

If, after you take a look through this "window," you are moved enough to want to step forward and help the families, then we are so appreciative. Just review the "Ways to Help" section on page 4. For monetary donations, please use the enclosed envelope.

Mahalo on behalf of the kids!



Ronald McDonald House - Judd Hillside

Over the years... touching lives

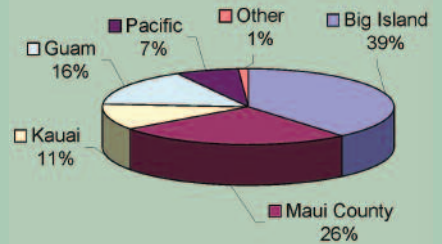
Hawaii's Ronald McDonald House Program

March, 1987 — October, 2010

of families served 9,334

of individuals served 21,763

of room nights provided . . . 92,977



Geographic origin of guest-families

Wish List

Gift Cards

- Walmart
- Costco
- K-Mart
- Target
- Sam's Club
- Longs Drugs Supermarkets
- Gasoline gift cards
- Prepaid phone cards
- Movie Tickets

Household Items

- Non-stick pots & pans cookware
- Paper towels
- Ziplock bags (quart & gallon)
- Garbage bags (yard & kitchen)
- Aluminum foil

Food Items

- Flour
- Cooking oil
- Fresh fruits & vegetables
- Frozen meals (microwave)
- Individually wrapped snacks
- Assorted canned goods

Miscellaneous

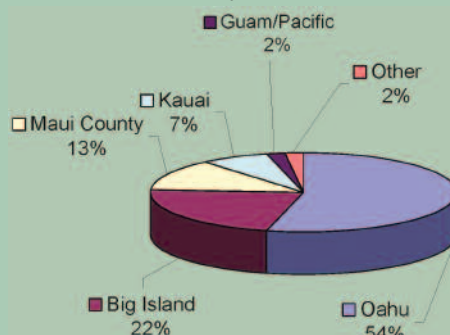
- Rolls/sheets of "Forever" postage stamps
- Xerox paper (8.5 x 11)
- Office supplies

About the Ronald McDonald House Family Room

The Ronald McDonald House Family Room, conveniently located in Kapiolani Medical Center for Women & Children, provides a caring

environment, a "home-away-from-home" in the hospital, where immediate family members of seriously ill children can take respite from patient care. It is a place to take a break, to rest and gather strength while still remaining close to their sick child. Most families utilizing the Family Room are from Oahu. Family Room facilitators are all volunteers.

Homes of Family Room Guests



Ronald McDonald Family Room at Kapiolani Hospital

January, 2003 — October, 2010

of individual visits.....64,536

Room diaries offer a look at the Ronald McDonald House experience

"AROUND THE HOUSE"

By Nikee Wainit, Manager of House Operations

There is always a steady stream of families checking in and out of Hawaii's Ronald McDonald Houses. Some stay a week or less, some stay for months. Ultimately, most of the families are able to return home with renewed hope. We keep the numbers, but none of the families are in danger of becoming merely a statistic to us because we know each guest has a unique and very personal story. We share in their day-by-day challenges.

There are diaries in each guest room. Guests have the option to share their thoughts, emotions and their personal reactions to being part of the Ohana within the "House That Love Built."

The benefits, I think, are many. As they write, family members can get in touch with their own feelings. At the same time, families that will follow in that same room gain the knowledge of things already learned, and get a sense of the healing spirit of the House. I believe that the new arrivals that read these stories feel comforted and supported knowing that they are not alone.

I would like to share with you just a few selections from the many heart felt entries I have come across in our diaries.

"To others who may read this: Sorry for whatever reason you are here, but know that there are better days to come. May God be with you

and your family, and know that this House truly is The House that Love Built. Let it comfort you in your time of pain and help you heal."

*Da Rodrigues Ohana
(Maui)*

"I gave birth to my son two months early and was flown down to Kapiolani with nothing! Not even slippers. Two days later, I was discharged with no place to go. But the Ronald McDonald House offered to take us in. They were understanding of our situation and told us everything would work out. With their help it is working out. We really owe them a lot."

*Much Aloha,
Ha`aheo.
Moku & Pakela
Parents (Big Island)*

"I like Ronald McDonald House because I feel like I am already home. So I would like to thank you."

*Nimo Silva
9-year-old-patient (Samoa)*

"This place is so wonderful! There is food if you can't afford to buy; a laundry room to wash clothes for free; and most important, a place to stay while away from home and caring for a loved one who is sick. We love this place. Words cannot express how grateful we are for all your help."

*God Bless,
The Leongs
Grandparents (Big Island)*



"Writing this is kind of sad for me because I'm leaving—especially after what I've been going through this time of my life. Thank you guys for being supportive, each and every one of you; for the laughs you shared with me; for caring; and for taking good care of us. I will treasure these memories in my heart forever. You guys became part of my family and I am so thankful. It helped me so much."

*Bong
Teenage patient (Yap)*

"This is such a blessing to have for families so they can be together during their hardships. We will never forget this place and the staff will always be family to us. This truly is a home away from home and the warmth you feel makes it a lot easier to deal with all that stress that we have been through. Thank you for the opportunity to share and meet new families from all over the world."

*Love and aloha,
Nadine, Hunter & Grandma Jane
(Big Island)*

*Life at
Ronald
McDonald
House*



Kids undergoing treatment get to go on being kids while they're staying at the Ronald McDonald House.

The name “Ikaika” means “strength” in Hawaiian

Ikaika Ko'omoa loves living in Lower Nahiku, Maui, with its slow pace and wide open spaces. At home on the Valley Isle, the 14-year-old is surrounded by a large and supportive



Ikaika with mom Iris

family. Life is good in Lower Nahiku, and the future is ripe with possibilities for a young man with Ikaika's bright mind, big heart and good looks. He just has to deal with a couple of obstacles that has been placed before him before he can reach his full stride—subcutaneous panniculitis-like t-cell lymphoma—a rare form of cancer that he was diagnosed with in 2009, and the heart condition he has developed as well.

For more than a year, Ikaika, his mom Iris and other family members flew back and forth to Oahu for hospitalizations and outpatient treatments. They were guests at the Judd Hillside Ronald McDonald House on many occasions. Thankfully, in September of this year, Ikaika completed his many long and difficult inpatient chemotherapies, surgeries and other treatments. Now, he and Iris only travel to Honolulu on monthly

day trips, for testing to make sure his cancer hasn't returned. "He will be in treatment for four more years," says Iris. "But he's doing really great. It's truly a miracle."

Ikaika takes daily oral chemotherapy at home but is going to school again one day a week and receiving tutoring at home the rest of the time. He is slowly allowing himself to ease back into the life he had before cancer.



Back row, dad Na'alii, and oldest brother Kekoa. Front row, Ikaika; baby brother Kamalana; and mom, Iris.

Iris is a tower of strength and fierce defender of Ikaika's road to recovery, guiding him to do all the right things, and inspiring his doctors to new heights. And with the endless support of family and friends, including his friends at Ronald McDonald House, there are plenty of reasons for optimism!

"It's like my home-away-from-home," Ikaika says. "The people there are very nice and they helped me through some really tough times. They're like my family."



Keiki need their families nearby

For many child-patients from the neighbor islands and the Pacific, being in Honolulu for medical treatments brings them additional stress because it is so different from their comfort zone. It can seem confusing, crowded and super fast-paced — a blur of doctors, nurses, hospital rooms, procedures and lots of strangers. That is why having family members by a child's side is so important to his or her recovery. Without even that normalcy, it becomes an uphill battle for them to get well. For these reasons, Ronald McDonald House Charities of Hawaii concentrates on the well-being and comfort of whole families when they are trying to cope with a child's illness or injury.

The Ronald McDonald House offers convenient lodging near major children's medical facilities; daily van service; a place for families to eat their meals, wash their clothes, and meet others who are going through many of the same things. In short, it helps families stay close together when they need each other the most. Instead of cold hotel rooms, and expensive taxi rides and restaurant food, families have a home-like family experience with plenty of moral support.

Life at Ronald McDonald House (cont.)



Life at Ronald McDonald House (cont.)



"The gift of you"

Volunteering at RMHC-HI

Volunteers are the backbone of RMHC-HI. Every single day of the year our volunteers are making a difference in the lives of families who have found themselves in a predicament they never could have seen coming. Below is a list of the most popular volunteer opportunities at RMHC-HI. For more information visit www.RonaldHouseHawaii.org.

RMH Family Room Volunteers

Help staff the RMH Family Room, inside Kapiolani Medical Center for Women & Children. Work directly with families that are seeking a place to "get away", a place to gather strength and receive assistance in a homey, comfortable setting.

Dinner Club

Provide a nutritious and memorable meal for our families any time throughout the week.

Office Volunteers

Assist with daily office operations, which may include computer work and filing.

Special Events Volunteers

Energetic and outgoing individuals are needed to participate in on-call activities, such as the annual RMHC-HI Golf Classic.

Newsletter Volunteers

Help process the RMHC-HI newsletter for mailing.

Fundraising Volunteers

Help with fundraising projects and events.

Bake Night Volunteers

Help children bake all kinds of goodies such as cookies, cakes, brownies and breads.

Green Thumb Volunteers

Do you enjoy working with your hands? Help to ensure that House grounds are always looking healthy and beautiful.

Extra Hand Volunteers

Help around the House with all the "extras" that need to be done.



Volunteering is fun.

Ways to Support RMHC-HI

- By direct cash donations to RMHC-HI, P.O. Box 61777, Honolulu, HI 96839-1777 or visit our website at www.RonaldHouseHawaii.org.
- By incorporating RMHC-HI into your estate planning
- By naming RMHC-HI as the recipient of your company's matching gift program or its corporate support
- By donating real estate, stocks, bonds, securities, etc., to RMHC-HI
- By putting spare change in the RMHC-HI collection boxes, located near the cash registers inside all McDonald Restaurants and most drive-thru windows
- By providing in-kind donations and professional services for the Ronald McDonald Houses
- By volunteering your time to help at the Family Room or Ronald McDonald Houses
- By buying the Honolulu Star-Advertiser, West Hawaii Today, Hawaii Tribune-Herald, Garden Island and Maui News inside a McDonald's restaurant
- By using McFun-Raiser coupon books for your school or organization's fund raising campaign