



The Home with a Heart

Keeping families together when they need each other the most.



The Newsletter for the Ronald McDonald House of Indiana

Fall 2014

Healing Happens Together

About 4,000 children a year in the United States are born with an extremely rare disease known as mitochondrial disease, which by the simplest definition is a group of long term, progressive and often disabling disorders for which there is no medical cure.

Natalie Holmes, of South Bend, Ind., and Amanda Grafton, of Loogootee, Ind., are both living with Mito and its very complex – and sometimes confusing – world.

Over several years, the girls have stayed many times with their families at the Ronald McDonald House of Indiana while undergoing treatment at Riley Hospital for Children at Indiana University Health. But during that time, neither the girls nor their parents had met in person, though they knew each other through an online Mito support group.

That soon would change.

This past spring, Amanda's family made the 125-mile return trip to Indianapolis and another stay at the House as the then 16-year-old began outpatient physical therapy at Riley. Eight days into her stay at the House, Amanda celebrated her 17th birthday, on March 12, complete with a cake and visit from Natalie, 13, and her mom, Melody Holmes, who had driven down from South Bend for a doctor's appointment earlier that day.



From left: Natalie Holmes and Amanda Grafton

"It was a sweet treat for Amanda to meet Natalie, to meet someone like her," her mom, Amy Grafton recalled of that day. "The girls instantly hit it off and had so much fun together."

"I totally feel like God puts people in our lives to help work things out. That's how I feel about the House and the people who work there," Melody said.

Melody Holmes, an older son, Stephen, and Natalie all live with Mito. Last year, the Holmes family traveled to California to attend a national symposium organized by the United Mitochondrial Disease Foundation. The foundation held a regional symposium at Riley on March 21-22. The gathering offered practical information and support to families and others wanting to learn more about Mito.

Some of the kids – and their parents – wanted a quiet place where they could gather after the symposium ended that Saturday. No stranger to Ronald McDonald House staff, Melody called Guest Services Manager Connie Cripe, who accepted the families into the House with open arms.

"I totally feel like God puts people in our lives to help work things out. That's how I feel about the House and the people who work there," Melody said.

Amanda's mom, Amy, agreed. "The House was very generous in allowing us to have a place where the entire group could all wind down after two full days of activities. They didn't have to do that," she said.

Many young people living with Mito sometimes feel alone in their struggle to cope with the unpredictable symptoms of their disease. At the House, the group of seven tweens, teens and young adults, chatted, made rubber band bracelets, while the girls gave each other makeovers.

"It was low-key way to wind down the day, Melody said. It's important for them to know that they're not alone, that they have this disease and it's OK."

A Message from Our Executive Director



Dear Friends,

Love is at the core of what we do at the Ronald McDonald House of Indiana. It's what built our organization, it's what pulses through our programs, and it's what gives our families strength to get over one more medical hurdle.

Love is also what keeps our mission going and we are so grateful to everyone who opens their hearts to our House and supports our programs and services. You make it possible for children to heal and thrive with family by their side.

As we head into the fall and winter seasons full of family occasions and special times, we ask you to remember that there will always be families at our House going through a difficult time, hoping to find that inner strength to help them persevere. As one recent family said:

"We don't know what we would done without the House. It was so valuable to connect with other families in similar situations, to share our hearts and our worries. We found strength in each other. Everyone was so caring and helpful. Thank you."

I want to say thank you, too -- thank you for preparing hot meals, working a shift at the House, dropping off a carload of paper goods, holding fundraisers, and being the wonderful, supportive community that you are.

Warm Regards,

Beth Johnson

2

Amy said for her daughter, the gathering made her feel like she was part of a group again.

"Amanda used to dance, was a cheerleader and in gymnastics, activities she's no longer able to do, Amy said. "When she started having all of the surgeries, she kind of lost touch with some of her friends. Now that she's met some of these other friends, she's got a new group of peers she's comfortable discussing her medical issues with."

What is Mito?

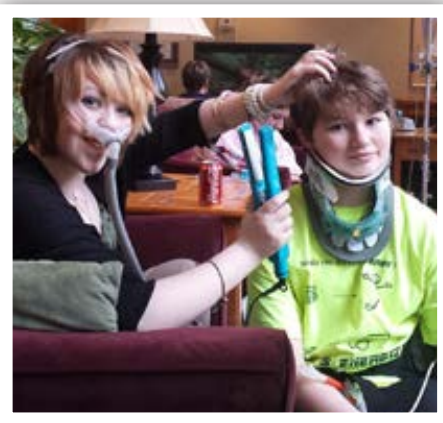
About 1 in 4,000 children in the U.S. will develop mitochondrial disease by age 10, according to the New York-based North American Mitochondrial Consortium (NAMDC).

Mitochondria are responsible for creating more than 90 percent of the energy needed by the body to properly function. People with mitochondrial diseases have failing energy cells. When they fail, less and less energy is generated within the cell. This cell mutation often affects the brain, heart, liver, skeletal muscles, kidney and the endocrine and respiratory systems. While severity varies individually, the disorders can cause paralysis, seizures, mental retardation, hearing loss, blindness and weakness.

For many, mitochondrial disease is an inherited genetic condition, while for others the body's mitochondria can be affected by other environmental factors. Although Mito is incurable, treatments are available and research is ongoing.



From left back row: Megan Ong (Chicago), Amber Hafer (Indianapolis), Renee Ruth (Dana, Ind.), Front row - Natalie Holmes (South Bend, Ind.)



From left:
Renee Ruth and
Natalie Holmes

Taste

A Taste...Journeys to the Wine Regions of France
Presented by NextGear Capital
Benefiting the Ronald McDonald House of Indiana

Friday, November 7, 2014, 7 - 11 PM
Indiana Roof Ballroom
140 West Washington Street, Indianapolis

Faits Sillants ~ *Featuring*

Scott Sander – Master of Ceremonies, WISH-TV Morning News Anchor
Jill Ditmire – Honorary Chair and Local Wine Aficionado, WFYI

Special Performance by the **Indiana Ballet Conservatory**

Indy's newest French restaurant, **Cropichon et Bidibule** on Mass Avenue

Goût et Saveur ~ *Sip and Savour*

Remarkable French wines from the regions of Champagne, Alsace, Rhone, Provence, Languedoc, Bordeaux, Burgundy and Loire, presented by our 7th year wine year partner, Monarch Beverage. Savor delectable French samplings prepared by the Indiana Roof Ballroom Chef, Everardo Hernandez. French cuisine is known for its finesse and flavor. Guests will enjoy an enchanting assortment of hors d'oeuvres, crudité, Charcuterie, tapenade, les fromage (cheeses) and soufflés, delicious seafood specialties, savory crepes, ratatouille, baguettes, boeuf bourguignon and Chocolate Pot de Crème...c'est magnifique!

Musique et Danse ~ *Music and Dance*

To the sights and sounds of Kelleen Strutz, the Allen Burke Jazz Band and The FIVE STAR Dance Studio

Aller Boutique ~ *Shop*

In a luxurious Galerie de Français Marketplace Silent Auction showcasing more than 100 enticing packages for your shopping enjoyment including:

- Fine wine collections, tastings and experiences
- Travel escapes, Southwest air tickets, Martha's Vineyard, the Grand Prix in Florida and more
- Sports tickets including Indianapolis Colts, Indiana Pacers, Golf trips and autographed memorabilia and collectibles
- Specialty gift items, gourmet goodies and treasures from around the world

GiveSmart
Maximizing Fundraising Revenue

Auctions by GiveSmart is providing unique technology prior to and during our Taste event so everyone has the opportunity to shop in the alerie d' Français - even if you are not present at the event. The auction site opens on October 31 and closes on November 7, 2014 at 9:45 p.m. Visit www.rmh-indiana.org for instructions on how to participate. It's très facile and amusement!

Reservation ~ *Réservation*

Reserved seats are \$125 each, a reserved table of 10 guests is \$1,250 and table Partnerships are \$1,750 each. New this year, add a special pass to the Connoisseur Level for \$25 and taste exclusive French champagnes. **Reserve your tickets online at www.rmh-indiana.org.**

Vêtements ~ *Attire*

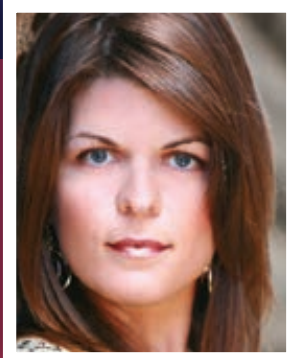
French Cocktail
Elite Valet Services at \$15 per car

Contactez ~ *Contact*

Pam Anderson, Special Events Manager
(317)269-2247, ext. 227, panderson@rmh-indiana.org



Scott Sander
Master of Ceremonies



Kelleen Strutz
Featured vocalist and pianist

Merci Taste Partners

Presenting Partner

NEXTGEAR
CAPITAL

7th Year Wine Sponsor



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Indiana University Health

Experience Partners

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Carrier Corporation
Nordstrom

Entertainment Partner

Simon Property Group

Wine Garden Partner

Valeo

Market Place Silent Auction Partner

First Merchants Bank

An evening of fine French wines, cuisine, art, entertainment and silent auction



28th Pro Am Golf Tournament Was a Swinging Success

Twenty- nine foursomes enjoyed a spectacular day of golf at the 28th Annual Swing for Kids Pro Am Golf Tournament on June 26. Held at the beautiful Broadmoor Country Club, the tournament featured a hole-in-one contest sponsored by McDonald's and Central Indiana Honda Dealers, and a spectacular silent auction featuring more than 60 packages. We want to give a special thanks to Pete Wojtowicz, our tournament chair for 28 years, as well as to our special guest, IndyCar Analyst Scott Goodyear.

Thank you Partners!

Presenting – **Coca-Cola**
Dinner – **Dr Pepper**
Shirt – **Klosterman Baking Company, INC.**
Lunch – **Bandy Carroll Hellige**
Golf Cart – **OmniSource**
Pro – **Riley Hospital for Children at IU Health**
Venue – **Broadmoor Country Club**
Trophy – **ERMCO**
Escape to Paradise Auction – **Barnes & Thornsburg, LLP**
Eagles – **Pacers Sports & Entertainment, Katz Sapper & Miller, James Poore Organization**

Hole-In-One – **McDonald's and Central Indiana Honda Dealers**

Goodie Bag – **Atkins & Co., Prairie Farms**
Hole Partners – **Brown & Brown Insurance, La-Z-Boy, Nacey Frozen Treats**

Steak Partner – **OSI Group**

Reception Partner – **St. Elmo, Harry & Izzy's**

Refreshment Partner – **Nathan's Playroom, Irish Mechanical**

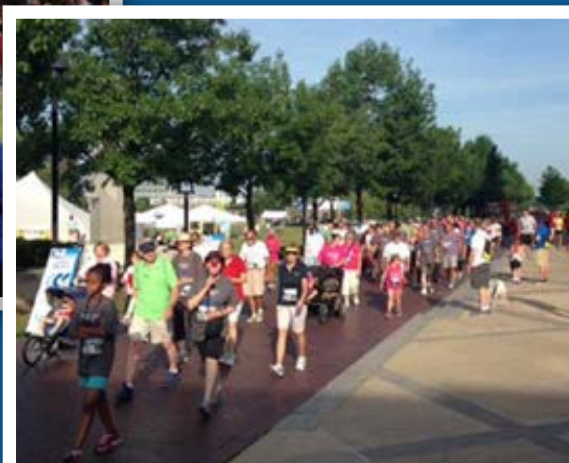
Entertainment Partner – **Raymond James**



8 Million Pop Tabs Collected at Annual Pop Tab Drop

Visitors from all over the state stopped by to drop off their tabs at the 10th Annual Pop Tab Drop at Monument Circle. On July 18 we congratulated Larry "The Can Man" VanNess on receiving the Governor's Award for Excellence in Service from Governor Mike Pence!

With his help and many others, more than 8 million pop tabs were collected!



Run for Ronald Drew Large Crowds

Hundreds of runners, walkers, and bikers came out to participate in the 8th Annual Run for Ronald on June 21. The 5k course for all ages began at the NCAA Hall of Champions and followed the beautiful Indianapolis Downtown Canal. Thank you **Institute of Real Estate Management (IREM)** for another wonderful event!



Your Gift of Stock Can Help a Family in Need

A seriously ill child is one of the most overwhelming challenges any family can face, draining their resources emotionally, physically and financially. The emotional strain on the family is magnified because many face this situation away from the community, friends, and extended family that would normally support them. The Ronald McDonald House of Indiana offers a community: the chance to talk with other parents going through similar challenges, and caring staff and volunteers willing to listen or lend a hand. Being in the hospital with your child is physically draining, and the Ronald McDonald House offers respite: comfortable rest and a home-cooked meal. The House also offers financial relief: lodging, coffee, meals, and snacks, as well as toiletries and other items, are available at little or no cost.

Your gift to the Ronald McDonald House helps us provide families the support they need. The most common way to give is by check or credit card, but a gift of stock is also something you may wish to consider. You may own stocks that have appreciated in value and therefore would be subject to capital gains tax if sold.

A gift of publicly traded stock to the Ronald McDonald House offers three advantages: you receive a charitable deduction for the value of the stock on the day it is gifted, you pay no capital gains tax since the stock will be sold by the House, and you have the satisfaction of knowing that you have helped families in need.

Regardless of how you give, you will provide Ronald McDonald House families with care and support. We appreciate your gift. As one parent wrote recently, "Thank you for the warm bed, a quiet place, a shower, and support and love. You are the best."



Check out our Young Professionals Board

The Ronald McDonald House of Indiana Young Professionals Board organizes a number of volunteer, fundraising and professional development activities to benefit the House.

The group hosted the 2nd Annual Bingo event on July 20 at the Rathskeller Biergarten in downtown Indianapolis, and in August, members had a great time serving dinner to families staying at the House.

Visit ypbindy.com to learn more about ways to get involved.



AROUND THE HOUSE

6



Huge thanks to the Indianapolis Indians for charging down from the mound to relieve our families at RMHI with meals and desserts, t-shirts, and bright, out-of-the-park smiles—the perfect triple play! Team members visited the House twice during the summer to visit with families and sign autographs.



There was something strange in the neighborhood, so naturally, we called Ghostbusters! They came to visit our families, tour the House and present us with a check to support our mission. We greatly appreciate their time and support!



Nothing like the sweet melody of children's laughter warming the halls of the House as our new friends Buddy, Splash and Miles from The Fur Circus stopped in for a visit. Being one of the many special events that the Indianapolis Indians sponsor, it was a day filled with contagious smiles and welcoming arms of love.

Dozens of Korea Taekwondo Academy (KTA) students joined forces in June for a schoolwide fundraiser. Students of all ages – children and adults – collected pledges from sponsors in exchange for kicking target paddles and board breaking demonstrations. As a result, the school raised a total of \$3,065 – enough to sponsor a room at the House for nearly a year! Thank you, KTA!



marsh

As we tipped off the Marsh Supermarkets Stock the Pantries campaign with the IUPUI Men's Basketball team, the game plan was set—stock the pantries at Ronald McDonald House of Indiana. Local Marsh shoppers were encouraged to make a donation to support the campaign. Along with the combined efforts of Marsh and the IUPUI Men's Basketball team, we exceeded the expected contributions!



Indiana's First Lady Linda Pence (far right) presented the Ronald McDonald House with a \$1,000 grant during the Indiana First lady's Charitable Foundation Awards Ceremony on June 25. Our Major Gifts Officer Sally McGuffey (far left) and Executive Director Beth Johnson (middle), attended the event.

The Ronald McDonald House at Riley Hospital for Children at IU Health

With every action, there is an equal and opposite reaction. This is the fundamental law of motion, and the principle that Paul Coughlin, a 32-year-old trucker, held in mind as his life came to a complete stop.

"I never imagined something like this would happen; not to my kid," Paul said as he recalled his reaction upon receiving news that his then 18-month-old son, Hunter, was severely injured in a car accident.



Paul Coughlin stopped by the Ronald McDonald House at Riley along with Pastor Russ and members of the Clinton Assembly of God Church to hand out food and toys from local businesses. While lending a helping hand and big heart, Coughlin wanted to extend the generosity he experienced during his stay.

"This is the first step," he said. "We're going to do more!"

As the ambulance rushed Hunter to Riley Hospital for Children at IU Health where he would spend the next six months battling for his life, Coughlin abandoned a cross-country trip for his trucking company to be by his son's side. With Hunter suffering from multiple skull fractures that left the right side of his body paralyzed, Paul did not leave his bedside for days. But extreme fatigue and constant worry began to take its toll on him. That's when he learned about the Ronald McDonald House at Riley, located just a few floors below Hunter's room in the Pediatric Intensive Care Unit.

"It's a temporary piece of serenity," Coughlin said.

The House's location within the hospital provides a homelike escape, complete with a kitchen and soothing areas to unwind. Having a parent merely a few flights of stairs away from their sick or injured child brings along not only an indescribable amount of comfort, but it also fuels the healing process.

"Thanks to Riley and the Ronald McDonald House, my prayers have been answered," said Paul. "I have Hunter, he has me, and I am grateful."



Paul Coughlin

A Sanctuary Within the Hospital

Within the walls of the Ronald McDonald House at Riley Hospital at IU Health, peace of mind can be achieved. Much more than a simple rest area, it is a sanctuary, an escape from the overwhelming worry that awaits upstairs.

"Parents can come downstairs and just let it out," said Ronald McDonald House at Riley Manager Daun Hughey.

"Sometimes parents may feel overcome by worry, so they come down here. Parents don't want to break down in front of their kid; this place let's them let loose safely."

With a kitchen area where guests can make a meal or grab a quick snack, a quiet room for rest and meditation, and an open area to just unwind and relax, guests are provided with all the amenities that make for the best home-away-from-home experience. Despite all the tangibles that are found within a home, the one element that makes the Ronald McDonald House feel most like a home can't be found in the pantry—the presence of love and kindness.

To Daun, the House at Riley is a place that "touches" you. A "touch" that tells each guest that just like home, we're here for you. At the House, whether you are a parent of a child in critical care or simply a volunteer, you are so much more than a stranger shrouded by grief. You are family.





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 www.rmh-indiana.org

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Your Spare Change Changes Lives

Whether you're driving through or dining in, please remember the donation boxes at your local McDonald's. Your spare change helps support the children and families staying at the Ronald McDonald House of Indiana.



Support the Ronald McDonald House by saving money on your house!

The deadline for participation is Sept. 30, 2014.



The Ronald McDonald House of Indiana will receive a \$25 donation for every home that registers for a free home energy assessment through the Energizing Indiana home assessment program. The assessments can lower energy bills, improve in-home air quality and increase the value of the home overall. Inspectors will install energy-savers such as light bulbs, showerheads and sink aerators, and assess the heating, ventilation and air-conditioning systems to determine if they are operating efficiently. Once the energy assessment is complete, a comprehensive report will be sent detailing what can be done to start saving energy and make the home more comfortable.

To get your free home energy assessment, call 1-888-446-7750 and tell the customer service representative that you are supporting the Ronald McDonald House of Indiana, ID: RMDH08012012