



RMHC<sup>®</sup>  
of Central Pennsylvania

Keeping families together

# WHEN TREATMENT SEEMS FAR AWAY

FALL 2019



*"The volunteers and staff always have a smile on their faces and are willing to help in any way possible to make you feel comfortable and at home."*

*~ Quote from  
Allison Grubbs*

*"I can't imagine how things would have turned out if it weren't for the Ronald McDonald House and the community here in Hershey."*

*~ Quote from Allison Grubbs*

Four years ago, at the age of nine, Emma Grubbs was diagnosed with an eating disorder called Avoidant Restrictive Food Intake Disorder (ARFID). Her family sought after several different treatment centers near their home in South Carolina, but quickly realized that because of her age, there was a "lack of knowledge" surrounding ARFID in the eating disorder community.

The Grubbs family were not ready to give up just yet. They did a lot of research surrounding ARFID and found Dr. Rollyn Ornstein's name consistently popping up in their searches. Dr. Ornstein specializes in eating disorders and has conducted extensive research surrounding children diagnosed with ARFID, helping to educate the community.

Wanting the best care for Emma, the Grubbs knew that they would need to travel to Hershey, Pennsylvania for Emma to participate in Dr. Ornstein's program at Penn State Health Medical Group Briarcrest – Adolescent Medicine.

According to Emma's mom, Allison, they immediately started looking for Airbnb's and a car to rent. "We immediately were overwhelmed. It was going to be at least

\$5,000 to travel and stay here for Emma's treatment."

There had to be another option. The treatment center quickly told Allison about the Ronald McDonald House (RMH) in Hershey.

Our Ronald McDonald House<sup>®</sup> is built on the simple idea that nothing else should matter when a family is focused on the health of their child – not where they can afford to stay, where they will get their next meal or where they will lay their head at night to rest.

"I was pleasantly surprised when I called the House to find out that it was completely free to stay for families of pediatric patients at Penn State Health and was also within walking distance to the treatment center," Allison said. "Everything from dinners each night, to a hot breakfast on Saturday and Sunday mornings, free laundry and Wi-Fi, all are provided at no cost to the families."

During their stay at the RMH, Emma celebrated her 13<sup>th</sup> Birthday. Emma, along with her family and new friends from the RMH, celebrated in July and made sure it was a birthday she will never forget.

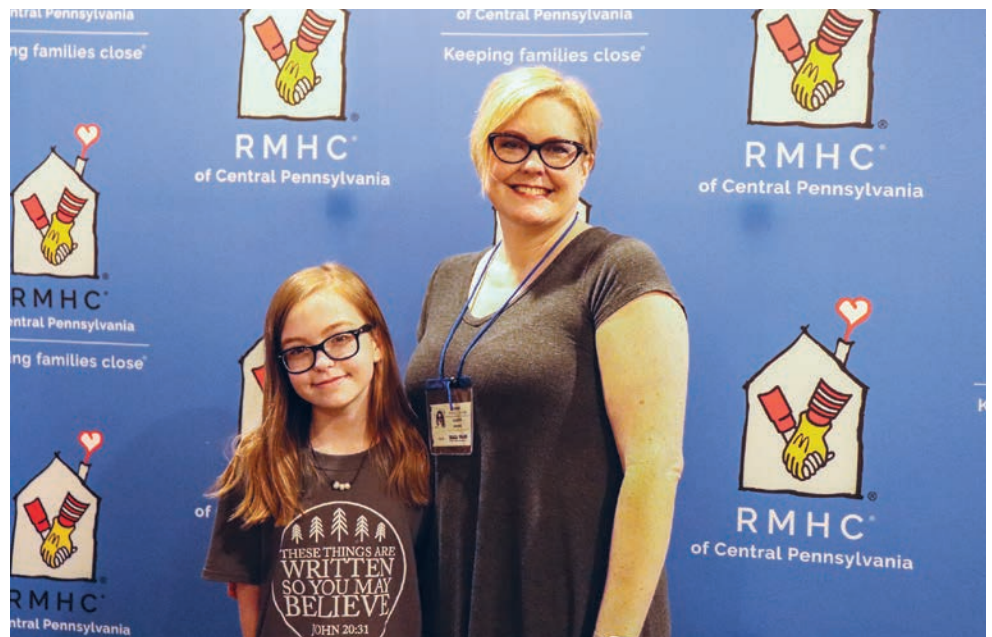
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"The volunteers and staff always have a smile on their faces and are willing to help in any way possible to make you feel comfortable and at home," Allison said. "I can't imagine how things would have turned out if it weren't for the Ronald McDonald House and the community here in Hershey."

The Grubbs family stayed at the RMH for a total of 52 nights.

"I don't know if we could have afforded to come all the way to Hershey from South Carolina and get Emma the help she needed if it wasn't for the RMH," Allison said. "I can't say thank you enough to this organization for everything that they have done for my family."



Emma Grubbs and her mother, Allison, at our USA Women's World Cup Watch Party.

Help keep families like the Grubbs together here in Hershey by donating

to RMHC of Central PA today at [rmhc-centralpa.org/donate](http://rmhc-centralpa.org/donate).



**Attention:**  
**Family Alum, Volunteers, Businesses, etc.**



RMHC<sup>®</sup>  
of Central Pennsylvania



*In honor of our  
35th Anniversary, we  
are asking the  
community to share  
why you support  
RMHC-CP in a  
35 second video!*

**Share your story with us in 35 seconds or less!**  
**Email Rachel at [Marketing@rmhc-centralpa.org](mailto:Marketing@rmhc-centralpa.org).**

Follow us on:







## Letter From Our Executive Director

### *Love Grows Here*

In early 2017, our board of directors and staff charted a course for our organization focusing on core program growth, securing financial independence, efficient and compassionate service delivery and brand recognition. Two years later, we are well on our way to achieving the goals we set for Ronald McDonald House® Charities of Central PA (RMHC-CP).

Some of our most recent highlights include: the start of a 21-bedroom renovation in the east wing of the House and the inauguration of our new Ronald McDonald Hospitality Kiosk in the recently opened pediatric wing of Lancaster General Hospital.

For the first time ever in our 35-year history, our new Hospitality Kiosk allows us to serve families in an additional medical community. Our partnership with Lancaster General Hospital offers us the opportunity to grow the number of families we are serving, supporting their desire to stay together and near the care and resources they need. Families of pediatric patients will be able to step away for a moment of respite and yet be strides away from their child's bedside if needed. Items available in our Kiosk may include: easy microwavable meals such as mac & cheese and soups, single serve fruit cups or cereals, puzzle books and other basic amenities such as lip balm and hand sanitizer.

The House renovation project is the first major face lift of our guest bedrooms in approximately 13 years. After accommodating thousands of families per year, our guest bedrooms are in need of some beautification, supporting our constant efforts to be an inviting home-away-from-home for our families. In order for us to continue our ongoing up-keep, we started a new program of support: our *Adopt A Room* program launched earlier this year, offering an opportunity for any individuals, corporations, or other interested groups to sponsor a room for a year. This program will assist us in keeping our House updated and looking beautiful for years to come. If you'd like to learn more or want to become an *Adopt A Room* sponsor, please visit our website at [www.rmhc-centralpa.org](http://www.rmhc-centralpa.org) and click on Ways to Give.

Our organization would not be able to engage in this exciting future without YOU! Your commitment to RMHC-CP helps us keep families together and provide the hundreds of moments our families are able to share together each day. Moments that provide the normalcy, support and hope needed to get through even the most difficult times. Because of you, Love Grows Here!

*Karla*

Karla Mitchell, *Executive Director*



## VOLUNTEER SPOTLIGHT

### Sondra Wilkins

#### 25 Years of Service to RMHC of Central PA

We can't thank Sondra enough for her 25 years of service to RMHC of Central PA. Her support through volunteering allows us to keep families together during their moment of greatest need. Sondra assists with housekeeping duties and is one of the friendly faces you see as you enter the Ronald McDonald House in Hershey. Thank you, Sondra, for your years of service to our organization and families.





Stay tuned for the launching of our  
new website!

Fall 2019

[www.rmhc-centralpa.org](http://www.rmhc-centralpa.org)



Special thanks to our community partner, Gavin Advertising!



*thank  
you*

to the attendees,  
sponsors and donors  
of our 2019 events!

*We couldn't do it without you!*



Pledge at least \$35 every month  
in our 35th anniversary year  
to celebrate RMHC of Central PA!

Visit [35in35.org](http://35in35.org) to pledge  
your donation today!

donate  
**\$35**  
for  
every month  
IN OUR **35<sup>th</sup>**  
year



## Red Shoe Crew

Are you a young professional looking for  
opportunities to volunteer and network?

If so, please consider joining RMHC-CP's Red Shoe Crew!

Contact Rachel Clippinger at [rclippinger@rmhc-centralpa.org](mailto:rclippinger@rmhc-centralpa.org)  
or 717-533-4001 x155 for more information.



— SAVE THE DATE —

## 18<sup>th</sup> Annual Moonlight Gala

Saturday, November 2, 2019

Hershey Lodge

*Get ready to travel back in time to the roaring '20s and roam around a speakeasy! Party like Gatsby as you enjoy delectable food, drink "giggle water" and dance the Charleston. You can find a seat but your place is on the dance floor as you enjoy the evening's entertainment!*

*Come as a flapper or come as you are; dress like a gangster or silent screen star. It's going to be fun no matter the dress, just bring yourself and we'll do the rest.*

PRESENTED BY:

HIGHMARK.

PennState Health



RMHC  
of Central Pennsylvania

Keeping families close®

Sponsorships are now available for our Moonlight Gala! Contact the Development Team at [development@rmhc-centralpa.org](mailto:development@rmhc-centralpa.org) for more information or visit [give.classy.org/18thmoonlightgala](http://give.classy.org/18thmoonlightgala).

12<sup>TH</sup> ANNUAL

## Lancaster County Community Auction

Tuesday, May 19, 2020

White Horse Fire Company







Ronald McDonald  
House Charities®  
of Central Pennsylvania

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Hershey, PA 17033-2304

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**TOGETHERNESS**