

# GETTING CONNECTED

Spring 2023

## The Keen Family Story

In the summer of 2022, Chelsea and Brad Keen from State College, PA were preparing to welcome their second child, a baby boy, Hudson, into their family.

While Chelsea was pregnant, Hudson was diagnosed with severe intrauterine growth restriction/fetal growth restriction, commonly referred to as IUGR, and was measuring below the 2<sup>nd</sup> percentile. Chelsea and Brad were also concerned about preeclampsia since Chelsea had a severe case while pregnant with their first child Jackson. Hudson's diagnosis and their other concerns led the Keens to schedule a consultation with Penn State Health's Maternal Fetal Medicine department.

In August 2022, Chelsea was admitted and monitored at Penn State Hershey for preeclampsia. This time, Chelsea only had a mild case and was safely monitored for a few days before baby Hudson was born.

Chelsea and Brad were referred to RMHC-CP following their initial consultation with Penn State Health's Maternal Fetal Medicine department where they learned Hudson may require a NICU stay. "The social worker at the hospital was extremely helpful getting us connected" Chelsea said, "we've always known about RMHC's wonderful reputation of helping families in need".

Hudson was born at 37 weeks on August 8, 2022, weighing in at 4 pounds 5 ounces, and

was sent to the NICU to be monitored for hypoglycemia. "We were so grateful for the incredible nurses and doctors, as well as the blessing of being able to stay at the Ronald McDonald House during one of the most stressful times of our lives", Chelsea said.

Brad and Chelsea spent a week at the Ronald McDonald House following Hudson's birth. "We are incredibly grateful for the valuable service the staff and volunteers provide. The clean, welcoming rooms, the hearty meals and the peace of mind that having a place to stay provides are invaluable" Chelsea said.

Hudson is now 7 months old, healthy and thriving. He loves exploring everything he can, and watching his big brother run around.

The Keen Family was so grateful for the opportunity to stay close to Hudson during his hospitalization. According to Chelsea, "the work RMHC-CP does every day is so appreciated by so many families and we look forward to supporting their efforts so other families can receive the same level of care that ours did. Thank you!"

To help RMHC of Central PA provide services to families like the Keens, visit [rmhc-centralpa.org](https://rmhc-centralpa.org)!

To share your RMHC story with us, email [marketing@rmhc-centralpa.org](mailto:marketing@rmhc-centralpa.org)!



Chelsea & Hudson

"We are incredibly grateful for the valuable service the staff and volunteers provide. The clean, welcoming rooms, the hearty meals and the peace of mind that having a place to stay provides are invaluable."

- Chelsea Keen



Hudson Keen

*Printing and mailing services graciously donated by The Hershey Company.*



## Round-Up for RMHC

Ask to "Round-Up" your order total the next time you visit McDonald's to make a difference for families caring for their sick children.



...Because every penny counts!





## UPCOMING EVENTS



## LOOKING TO SPONSOR?

Becoming a RMHC of Central PA Event Sponsor is a great way to get promotion for your business AND help make a difference for families when they need it most.

For sponsorship information, contact Amy Leonard at [development@rmhc-centralpa.org](mailto:development@rmhc-centralpa.org) or 717-533-4001 x156.

*Thank You!*

## SPECIAL THANKS

THANKS TO OUR WONDERFUL SPONSORS WHO MADE OUR 2022 EVENT SEASON SUCCESSFUL



44 Business Capital (a division of Berkshire Bank)  
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ASCOM Electric  
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M&T Bank  
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McNees Wallace & Nurick LLC  
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Parx Casino Shippensburg  
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Platinum Hershey  
Pyramid Construction Services, Inc.  
Quality Digital Office Solutions  
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Quandel Construction Group, LLC  
RKL LLP  
RMC Management Solutions  
Ritter Insurance Marketing  
Sika Sarnafil Roofing and Waterproofing  
Sons of the American Legion  
Conestoga Squadron 662  
SpringGate Vineyard  
Steward Incorporated  
Tito's Vodka  
Trop Gun Shop  
Truist  
Tyson  
Women McDonald's Owner/Operators of Central PA  
WoodmenLife Chapter 364

## HELP FEED OUR FAMILIES!

Greetings,

Are you a great cook? Do you have a favorite dish that you are known for? Mine is Chicken & Broccoli Crepes and yes it tastes as good as it sounds! Several years ago on New Year's Day, I had the opportunity to make this delicious meal for our families staying with us at the RMH in Hershey with some of my closest family and friends.

As we have found our new normal in dealing with Covid-19, and seeing our occupancy at the RMH increase, we are in great need of more "cooks in our kitchen". On average, we are seeing 50% of our meals covered by volunteer groups in our Guest Chef program and we need your help to fill the gap. With each meal that isn't covered by a volunteer group, we have to utilize significant resources to cover the costs of purchasing the nourishing meals that our families rely on during such a critical time in their lives.

So, gather five of your favorite friends and family and sign-up to participate in our Guest Chef program by going to: [guest-chef.org](https://www.guest-chef.org) and choosing a day that best fits your schedules. Have fun planning and shopping for the meal together, knowing that you will be helping our families worry about one less thing.

I'm looking forward to hearing about all the wonderful meals you will be creating together!



"We are in great need of more "cooks in our kitchen."



To schedule a meal, visit our website at [guest-chef.org](https://www.guest-chef.org) or for more information, contact Alyssa Noel at 717-533-4001 x158 or [anoel@rmhc-centralpa.org](mailto:anoel@rmhc-centralpa.org).



Karla Mitchell  
Executive Director



SCAN ME

## 2022 IN NUMBERS



**7,383**  
Family Overnight Stays  
provided in 2022



**3,338**  
Individual Meals  
provided in 2022



**\$492,000+**  
raised from Special Events



**\$220,000+**  
raised from 3rd party  
fundraisers



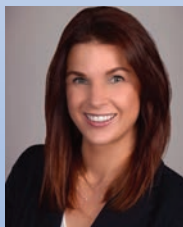
**\$110,000+**  
donated in honor or in  
memory of a loved one



**\$18,000+**  
raised through our  
Recycling Program

*Thank You for Helping RMHC-CP Keep Families Together in 2022!*

## WELCOME NEW BOARD DIRECTORS . . .

**MEGHAN BRENCKLE,  
PHARM D**

*Vice President, Quality & Pharmacy Operations,  
PA Health & Wellness, Camp Hill, PA*

In her current role, Meghan oversees health related education, quality initiatives and proactively works with physicians, legislators and community partners throughout PA. Her background in healthcare and work in hospitals showed her how critical it is to support families of patients, as well as the patient.

Meghan's relevant community experience includes serving as Vice President of the Southwest Regional Accountable Health Council, PA Prostate Cancer Coalition, Pennsylvania's Special Pharmaceutical Benefits Program, PA State Drug Utilization Review Board & PA State Pharmacy & Therapeutics Committee, Keystone Health Services – Susquehanna Service Dogs and Seven Sorrows of the Blessed Virgin Mary Catholic Church to name a few.

Meghan has become a regular supporter of our Guest Chef program over the last year.

**MATT ROMERO**

*Director of Rooms, The Hotel Hershey,  
Hershey Entertainment & Resorts, Hershey, PA*

Matt is constantly looking for ways to be beneficially impactful in the community. He sees first-hand, as a parent, how important personal attention and patient advocacy can be to both children and their parents in stressful and often life-threatening situations.

He is very passionate about the work of RMHC-CP. "Through my board membership, I am looking forward to deepening my commitment to the youth of our community. I admire the core values of RMHC-CP, providing families of hospitalized children with a safe place that reduces stress, financial burden and allows families to stay together in traumatic times. I am proud to align myself with a mission that is so meaningful and impactful."

**KATHLEEN MCKENZIE**

*Vice President, Community Affairs,  
Highmark Blue Shield, Camp Hill, PA*

Kathy oversees corporate grants, management, community programs and volunteerism for Central PA, Lehigh Valley, and Northeastern PA Highmark community efforts.

She also provides oversight and support for community affairs in the State of Delaware. Kathy currently serves as a board director for the Central PA Food Bank and UW of the Capital Region. She holds various leadership roles in the community including serving on Penn State Health's Cancer Committee. Kathy was selected as a Central Penn Business Journal Woman of Influence and the Harrisburg Regional Chamber's 2022 Athena Award recipient. "I have had the great honor and privilege of supporting RMHC-CP through Highmark's charitable giving function, attending events, and working with Penn State Health to align our giving to RMHC-CP."

**CAROLYN MOSER SMITH,  
ESQUIRE**

*Shareholder/Attorney, McQuaide Blasko Law Offices,  
Hershey PA*

As a practicing attorney for nearly 19 years, Carolyn has served as a Judicial Law Clerk, Assistant/Deputy District Attorney in Monroe and Dauphin Counties, and has been in civil practice with McQuaide Blasko since 2010. Her scope of practice is wide-ranging, including: professional negligence defense, civil litigation, business law, employment law and estate planning and administration.

Carolyn's ties to RMHC-CP are strong. Ten years ago, she joined the Red Shoe Crew and served as the Membership Chair. She currently serves as a member of the Endowment Committee. She also supports our events with attendance and sponsorships of Ladies Night Out, the Gala and Light A Light.

**JOSEPH TERTEL, JR.**

*Senior Director of Performance Marketing,  
Eko Devices, Inc., Oakland, CA*

Joe has been a leading advisory member and volunteer of the RMHC-CP's Red Shoe Crew since 2014. He is passionate about the mission and believes his marketing experience and community connections will be a good addition to help guide the direction of RMHC-CP's future work. He is a successful digital marketing professional and is very community minded: having served as the 2021 Man & Woman of the Year Candidate for Leukemia & Lymphoma Society, a current board member for the American Red Cross-Central PA Chapter and the current Chair of the Biomed Committee. Joe is an active member of the Harrisburg Young Professionals (HYP) and has held many leadership roles within the organization. He currently serves on HYP's Board of Advisors and has previously held the positions of President (2017) & Executive VP (2016).

**APRIL ADLEY,  
DNP, MHA, RN, CNML, NEA-BC**

*Vice President of Nursing for Children's Hospital and  
Women & Babies, Penn State Health Children's Hospital,  
Hershey, PA*

April currently serves as the Vice President of Nursing Services for the Children's Hospital and Women and Babies Center at Penn State Health Milton S. Hershey Medical Center. April is a nursing executive responsible for the following areas of service at the Children's Hospital: Pediatric Intensive Care Unit, Pediatric Intermediate Care Unit, Pediatric Progressive Care Unit, Pediatric Surgical Care Unit, Pediatric Hematology/Oncology Unit, Neonatal Intensive Care Unit, Women & Babies Center, Child Life Department, Pastoral Services, Children's Hospital Surgical Verification Program, Perinatal Center for Excellence and Lactation services. In her current role she is accountable for 196 inpatient beds and nearly 600 nursing staff, overseeing clinical, operational and financial leadership functions for nursing. April received a Bachelors in Nursing from Bloomsburg, Masters in Health Care Administration and her Doctorate in Nursing Practice. She holds two certifications in leadership and was named among the Central Penn Women of Influence in 2019.

April has been a lead liaison for our RM Family Room and Hospitality Cart Staff at the Children's Hospital. She also serves on the Four Diamonds, Children's Miracle Network and the PA Rare Disease Advisory Councils.





## FAMILY ROOM Q&A

The Ronald McDonald Family Room (RMFR) is one of the many services offered by Ronald McDonald House Charities of Central PA. Located on the 8<sup>th</sup> floor of Penn State Health Children's Hospital, our RMFR is a quiet place away from the medical space for families with babies in the NICU to recharge, grab a bite to eat, or get rest, while staying close by their baby's side.

Heidi Murray, our Family Room Manager answered some frequently asked questions about the Family Room.



### 1. What are the Family Room hours?

The Family Room is open 24/7 with the help of our great receptionist team in the NICU.



### 2. Who has access to the Family Room?

The Family Room is open to all families and caretakers of babies in the NICU. Current occupancy restrictions allow us to have 10 people maximum in the Family Room at one time.



**3. What amenities are available in the Family Room?** The Family Room is a place of respite with 2 computers, a TV and a coffee bar with snacks. We also have a children's space with a reading nook for siblings to use when they visit.



**4. How often does the Hospitality Cart visit families?** The Hospitality Cart visits the 3<sup>rd</sup>, 4<sup>th</sup> and 6<sup>th</sup> floors twice a day (morning and evening) and provides individual snacks,



Family Room Staff with the Hospitality Cart

single serve meals and a selection of coloring and activity books for patients and their parents to enjoy while they're in the hospital.



### 5. What items do you provide that could be donated?

We're always in need of individually packaged cookies and salty snacks for the Hospitality Cart and Family Room. Donations can be dropped off at the Ronald McDonald House.



### 6. How can I volunteer for the Family Room?

If you are interested in volunteering, reach out to Alyssa Noel at [anoel@rmhc-centralpa.org](mailto:anoel@rmhc-centralpa.org) or 717-533-4001 x158 for more information.

*NOTE: RMFR volunteers must also complete volunteer training through the hospital and have all necessary clearances completed.*

## IN THE NEWS

• YWCA •  
**TRIBUTE TO WOMEN OF**  
*excellence*

We would like to congratulate our Executive Director Karla Mitchell on being selected as one of Harrisburg Magazine's Women of Excellence.

**Harrisburg**  
magazine



*Congratulations*

Ronald McDonald House Charities of Central PA congratulates our Executive Director, Karla Mitchell on being selected as a **2023 Women of Excellence** recipient.

 **Ronald McDonald House Charities**  
of Central Pennsylvania

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