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Ronald McDonald House Charities® of Central New York encourages giving back during National Volunteer Month

Local Chapter Offers Easy Opportunities for Community to Support Children and Families in Need

SYRACUSE, N.Y. – Syracuse area residents are encouraged to lend their time and support to the Ronald McDonald House Charities of Central New York in honor of National Volunteer Month. By volunteering even just a few hours a month, it gives families one of the biggest gifts of all – more time together while their children are being treated for serious illnesses.

“Our volunteers make the Ronald McDonald House of Central New York possible,” said Beth Trunfio. “This April, we not only want to thank them for their efforts, but encourage others to donate their time and show them how easy it is to join our team of volunteers.”

Locally, volunteers help support the RMHC of Central New York by providing and serving home-cooked meals, staffing the office, helping with fundraising events, serving on committees, planting flowers or cleaning up the garden. Other volunteer support includes donating homemade desserts for families, helping children bake and decorate cookies, assisting with “spring cleaning,” answering the phones, greeting visitors or hosting a pizza party, ice cream social, or popcorn and movie night.

Volunteer Month marks the introduction of the RMHC “30 Ways in 30 Days” Campaign which encourages people to give back to their communities through daily inspiration and volunteer tips that can be found on www.rmhc.org. The campaign also kicks off a partnership with VolunteerMatch, an online service where supporters can now search for opportunities in Syracuse.

Local residents can learn more about how to get involved with their local RMHC Chapter at www.rmhc.org/volunteer.

About Ronald McDonald House Charities of Central New York: Ronald McDonald House Charities of CNY operates the 16-bedroom CNY Ronald McDonald House 24-hours a day, year-round as a “home away from home” for families whose children are hospitalized with serious illnesses or injuries. RMHC of CNY is planning to build a new, larger Ronald McDonald House that will allow the organization to help keep even more families with seriously ill children together. For more information or to donate, visit www.cnyronaldmcdonaldhouse.org.

About Ronald McDonald House Charities: Ronald McDonald House Charities, a non-profit, 501 (c) (3) corporation, creates, finds and supports programs that directly improve the

health and well being of children. Its programs are grassroots-driven to enable the Charity to offer help where children need it most – right in their own communities. RMHC® makes an immediate, positive impact on children’s lives through its global network of local Chapters in 52 countries and its three core programs: the Ronald McDonald House®, Ronald McDonald Family Room® and Ronald McDonald Care Mobile®. These programs provide a bridge to accessible health care and allow families more time together, which helps in the healing process. RMHC and its global network of local Chapters also have awarded more than \$460 million in grants and program services to children’s programs around the world. For more information, visit www.rmhc.org.

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