



# Help From Home

## Ways you can help RMHGHV

### Provide dinner for our Families

1. Sponsor a dinner that our staff will make in the House; you pick the recipe! Visit: [bit.ly/SponsorMeal](https://bit.ly/SponsorMeal)
2. You pick a day to provide a meal and either drop off commercially prepared food or up to two adults can cook in our kitchen (as safety precautions allow). Visit: [bit.ly/MealVolunteers](https://bit.ly/MealVolunteers)

### Use Amazon to order our Wish List items

From the comfort of your own home, order anything from our Wish List and it will be delivered directly to our door! Our lists include everyday items needed most, snacks, and items to make our families more comfortable.

Visit: [bit.ly/RMHGHVSmile](https://bit.ly/RMHGHVSmile)

For our Holiday Season of Giving Wish List

Visit: [bit.ly/RMHSeasonofGiving](https://bit.ly/RMHSeasonofGiving)

### Sponsor a Family

Make a donation to cover the suggested family contribution of

\$15 per night for:

1 Night = \$15

1 Week = \$105

1 Month = \$450

Visit: [bit.ly/DonateNowRMH](https://bit.ly/DonateNowRMH)

### The Gift of Sharing

Consider asking for donations in lieu of gifts for special occasions such as birthdays, religious occasions, or holidays!

### Host a Gift Card Drive Within your Community

Families can benefit from gift cards that will help them when they need it most.

Amazon, Target, or Walmart  
Groceries, Panera, or Gas  
Bank cards (Visa/Mastercard)

### Make Snack Bags

Fill up bags (brown paper, plastic storage bags, take out containers) with 4 non-perishable snacks (chips, cookies, fruit cup, granola bars) and a drink.

Decorate the outside or add a home-made card and call to schedule a time to drop-off.

### Assemble Personal Care Kits

When guests check into the House, they need all of the comforts of home. Consider making a little kit to help them feel more like themselves. Items that families need include toothbrush, toothpaste, shampoo, soap, lotion, Q-tips, nail files, and whatever else you think may brighten someone's day!

### Break out the Sewing Machine

Make wearable masks, blankets, or a something special to snuggle with! If you like to knit or crochet: we love blankets and hats for our preemie babies.

### Collect Pull Tabs

Collect the pull tabs from aluminum cans, drop them off at the House and we will bring them to a local recycling center where they are exchanged for money at the current market value per pound of aluminum.

### Make homemade Drawings or Cards

Spend some time making homemade cards for families to help cheer them up!

### Share your donation on Social Media!

 @rmhghv

 @rmh\_hudson\_valley

 @RMHoftheGHV

READY TO  
DELIVER YOUR  
GENEROUS GIFTS?

All items can be shipped to: RMHGHV  
80 Woods Road | P.O. Box 299  
Valhalla, NY 10595

Drop off hours: 3:00 p.m. - 4:00 p.m. daily  
Please call ahead to schedule: 914.493.6455