

2<sup>nd</sup> Qtr 2023

# around the HOUSE 35 years



3413 10th Street • Lubbock, TX 79415 • 806.744.8877  
Fax 806.744.3652 • [RMHCsouthwest.com](http://RMHCsouthwest.com)

**RMHC**  
of the Southwest

## Your Support Impacts Lives



*Julian's family is one of the many for whom your support makes a difference.*

### Julian's Story

Every baby's arrival into the world has its own surprises, including baby Julian's arrival. Jennifer Munoz's doctors had prepared her for the reality that her son, Julian, would be born early. However, neither her nor her family were prepared for how early or the level of care Julian would need. After Jennifer's water broke, the situation required more medical care than her local hospital was able to provide. Jennifer was airlifted from her hometown of Roswell to Lubbock. Julian was put into the NICU (Neonatal Intensive Care Unit) and Jennifer was referred to the Ronald McDonald House in Lubbock by her hospital social worker.

Jennifer was told Julian would need to stay for an unknown amount of time in the NICU, which created more things for Jennifer to handle. She was concerned for Julian's health and especially how his lungs and heart were developing. She was also worried about the 6 year old daughter she had to leave back at home in Roswell.



*Of the families who stay at the Ronald McDonald House, 40% have a child in the NICU like Julian.*

"She was in school at the time, and I wasn't sure who I could turn to for her needs, or even how I was going to tell her what was happening. She is so smart, and I knew this would impact her as well. There were so many things going through my mind...but my kids were my first priority," said Jennifer. "Julian and I were alone

in a city where we didn't know anybody. My daughter would visit us every other week, so it helped, but overall it was hard on our family,"

For the next 3 months Jennifer spent her days next to Julian while family members helped take care of Julian's sister back in New Mexico. It was a difficult time for the Munoz family, but Jennifer remembers the support she received from RMHC fondly.

"I didn't have a vehicle or any family in Lubbock so when the staff at RMHC stepped in and helped me, they became like family for us. Everyone was so friendly and supportive. They constantly offered to help with my day-to-

(continued next page)

## Upcoming Events

**July 27:** Quarterback S.A.C.K.  
Kick-Off Lunch with Coach  
Joey McGuire

**August 7:** Show Us Your Stripes  
3<sup>rd</sup> Annual Golf Tournament at the  
Rawls Golf Course

For sponsor info, contact RMHC  
of the Southwest 806.744.8877

## Impacting Families (continued)

day necessities and gave little inspirational gifts that encouraged me to stay strong. One thing that I will forever be grateful for was the way people would just ask me how I was doing mentally."

Jennifer also appreciated living in the House with families going through experiences like hers and recalls dinner time at the House as being her favorite.

"That's when a lot of families would gather in the kitchen and we could talk and maybe help each other with whatever we were going through. It was amazing getting to know families from all over who, just like me, wanted to be as close as possible to our kids."

Today, Julian is doing great. He is a happy and healthy 11 month old. He loves to jump and to be in his jumper. According to Jennifer, "When he wants to give you love, he grabs your cheeks and smushes his face against yours."

Jennifer now says that anytime she sees a donation canister for RMHC, she drops her change in. She also encourages her family and friends to donate as well. She knows how much RMHC meant to her when she was there and she wants to help support future families.

"Please support RMHC. Those donations are a huge blessing. RMHC is a huge help for families



*Jennifer and Julian enjoying life at home after leaving the Ronald McDonald House.*

who are going through a very stressful time. Every penny is going to impact a baby like Julian and a family like mine."



## Congratulations! RMHC Scholars

**Scholarships support seniors affected by childhood illness.**



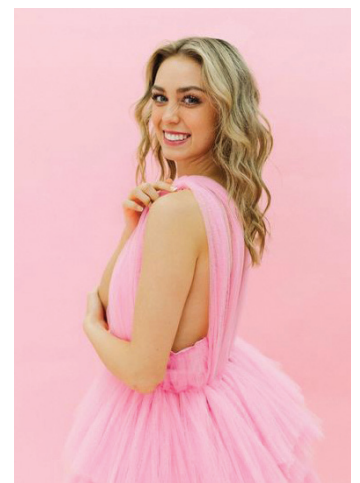
*Ciara Jiminez*

The Dina Jeffries Leadership Scholarship was awarded to Ciara Jiminez of Tatum New Mexico. Ciara has been involved in many leadership roles in her high school, sports, and volunteering, all while battling Hodgkin's Lymphoma cancer. During her treatment, Ciara and her family stayed at the Ronald McDonald House in Lubbock several times. Ciara is currently attending the NMJC Cosmetology program and looks forward to transferring to Wade Gordon Hairdressing Academy.

Madilyn Moore was awarded the Janice Flemmons Scholarship. Madilyn has already impacted her community through her work with her church, National Honor Society and 4-H. Madilyn and her family stayed at the Ronald McDonald House in Fort Worth when her younger brother was born. Madilyn has a bright future ahead with plans to attend Texas

Tech University in the fall in the College of Media and Communication, majoring in Digital Media and Professional Communication.

Congratulations to Ciara and Madilyn!



*Madilyn Moore*

# Les Chaussure Rouge SOIREE

It was a sold out crowd! Thank you to everyone for making this year's Shindig *Magnifique!*



## 2023 Red Shoe Shindig Committee

Co-Chair Christy Felton • Co-Chair Sydney Witte  
Destiny Molina • Tracey Spradling • Briana Vela  
Christine Covington • Emmanuel Ramirez  
Justin Hughes • Kathy Roquemore  
Kris Qubty • Rachel Jarnagin  
Storm Huckabee • JC Lopez  
Julie Barron Wells



# VOL NTEER for RMHC

*Just missing U*

Need a valuable way to spend some time this summer? Become a volunteer at RMHC of the Southwest. We need your help to make families feel at home even when they are far away from home. There are many way to get involved, from being a guest chef at the Ronald

McDonald House to volunteering in our Ronald McDonald Family Rooms. We need volunteers in all of our locations: Lubbock, Odessa, and Midland. If you or someone you know is looking for a way to help others, call or sign up today.



## Quarterback S.A.C.K.!

Kick-Off Lunch: Thursday, July 27<sup>th</sup> at the Frazier Alumni Pavilion

Join RMHC of the Southwest for their 22nd season of Quarterback S.A.C.K.! Quarterback S.A.C.K. gives the community a chance to cheer on the Red Raider football team while Supporting And Comforting Kids (S.A.C.K.). The kick-off lunch will feature TTU's head football coach Joey McGuire! Be prepared to get pumped for Texas Tech Football! Attendees will get an overview

of the upcoming season and how our team is going to get the S.A.C.K.s and support the kids.

Tickets: \$35 general admission open seating;  
\$500 reserved table of 8.

Learn more about Quarterback S.A.C.K., get tickets to the luncheon and sign up to pledge at:

[rmhcsouthwest.com/quarterback-sack](http://rmhcsouthwest.com/quarterback-sack)



RONALD MCDONALD HOUSE CHARITIES OF THE SOUTHWEST

**United**  
supermarkets®



## You "Can" Help Families by Recycling!

Just a little extra effort can add up to much needed money for families of hospitalized kids. Collect aluminum cans (the whole can or pop tops) and bring them to the RMHC Recycling Trailer. Currently the trailer is located on the back parking lot at RMHC of the Southwest. 3413 10th and you can leave your cans 24/7. RMHC is looking for other locations to host the trailer, which is a great traffic builder for many businesses.



## Young entrepreneurs donate lemonade stand proceeds



Business partners Arya Johnson and Mason Lee chose RMHC of the Southwest to receive proceeds from their lemonade stand because they know two of their friends who personally needed RMHC in their life. Thank you Arya & Mason!



Join us in celebrating 35 years.  
See more of our history and  
share your own stories at  
[RMHCsouthwest.com/anniversary](https://RMHCsouthwest.com/anniversary).

# Where Are My People?

Contributed by Emily Shockey, DVM  
kac@keyanimalclinic.net

Adapted abbreviated version on behalf of  
Christine D. Calder, DVM, DACVB; Laurie  
Bergman, VMD, DACVB

Your pets are a part of your family and when there is any crisis they are impacted too. Veterinarian, Emily Shockey, DVM has supported RMHC of the Southwest for many years, so we asked her what families might do about their pets during a medical crisis with a child or other.

Pets can suffer from anxiety when their people are going through any type of stress. Separation anxiety is one very common diagnosis for animals. Luckily, there are ways to know if your pet is suffering, and many options to help.

What is Separation Anxiety?

## **Separation Anxiety: The Fear of Being Alone**

Dogs are highly social, and most dogs thrive best when they have company. Being alone results in separation anxiety and other separation-related behaviors for many dogs.

## **How do I know if my dog has separation anxiety?**

Signs of separation anxiety include increased barking, howling, and whining, destructive behaviors and having "accidents" in the house. Separation anxiety is like a panic attack in a person and can damage the quality of life for both dog and human.

## **What should I do?**

The first step if you suspect separation anxiety is a trip to your vet. Many dogs with separation anxiety have more than one behavior problem which can complicate diagnosis and treatment. Video of your dog when home alone will help your veterinarian with diagnosis and monitoring treatment.

## **What causes separation anxiety?**



Changes in the home or people's schedules can cause separation anxiety. It is common for dogs from shelters and dogs with single adult owners to have some separation anxiety. Dogs can be any age when separation anxiety appears. If left untreated, the condition tends to get worse.

## **How do you treat separation anxiety and other separation-related behaviors?**

Treating separation anxiety can be tough. For some dogs, anxiety begins before you even leave the house, with the start of your morning routine. There are even dogs who can tell the difference between workdays and days off and are only anxious on workdays.

**Step 1:** Visit your veterinarian—separation anxiety can be diagnosed and treated,

**Step 2:** Avoid leaving your pet alone.

Dogs with separation anxiety often have panic attacks when people leave them. Check with family members or friends who could pet sit.

**Step 3:** Keep them busy.

Food dispensing and puzzle toys such as a snuffle mats, Kongs®, West Paw® puzzle toys, and others can help reduce your dog's overall stress level. They encourage the dog to play and solve problems without help from people.

**Step 4:** Give them a safe place.

A safe haven will help your dog feel safe even when you are not at home. Make sure all good things happen in this place. Dogs that are crate trained, and comfortable in their crate, often find the crate to be a safe haven, while others might not, especially if never previously exposed to the crate until the anxiety is present. If your dog is not comfortable being in a crate, do not use a crate as the safe haven. Many dogs with separation anxiety are more anxious if they are confined in small spaces.

**Step 5:** Make Sure Your Dog's Basic Needs Are Being Met.

Exercise can help some dogs with separation anxiety. Daily exercise can give your dog exercise and mental stimulation while building the relationship between you and your dog. In other words, find things you enjoy together to reduce tension and stress in everyday life.

**Step 6:** No punishment.

Remember, it's how the dog responds to something that determines if it's a punishment, not what you meant it to be. Punishment makes anxiety and fear worse.

For more detail check with Key Animal Clinic (806) 792-6226 where they are happy to help.

