and her countless number of friends. She and her mom, Blair, and dad, Spencer, are from a small town outside of Hattiesburg, Mississippi called Petal. At just eight years old, Selah has been through much more than the average child.

At Blair’s 15-week ultrasound, the doctors knew something was wrong and it became clear that Selah was going to require ongoing medical attention. Selah has a very rare condition called Nager Syndrome that impacts craniofacial development. Most noticeably, it means her lower jaw is not fully formed, her airway is compromised, and she was born without thumbs. Although she fights other daily impacts of Nager, seeing her joyfully run around and play, it is clear that nothing holds her back.

After her birth, Selah spent nearly eight weeks in the NICU in Mississippi. She started coming to Seattle Children’s because of their amazing craniofacial care team. She has already had 10 major surgeries and dozens more minor ones to improve her quality of life by helping with the development of her hands, her breathing with her “trach,” her speech, and her jaw. Even when faced with many struggles, it doesn’t wear down Selah or her family’s spirit. They celebrate the seemingly small, but truly giant victories with Selah. This year she learned how to blow bubbles and was able to blow out her candles on her birthday cake for the first time! “We take the challenges as they come, one day at a time,” says Blair. “Some days are hard, but when we take a step back, we can appreciate how much progress Selah continues to make.”

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Blair, Spencer, and Selah

“We take the challenges as they come, one day at a time.”

Continued from Cover

Selah has stayed at the Seattle Ronald McDonald House twice and will have more stays in the future. Blair says, “The House is wonderful because it feels like home. It is nice to walk on the trails around here. We have met some wonderful families who can relate to our situation and we appreciate the helpful staff.” Selah enjoys all of the different activities provided by the House. She loves ballet and tap and likes when local studio All That Dance comes to visit. She also misses her 12-year-old dog, Bebe, but the RMHC therapy dogs keep her company while she is far away. “All these things help ease the load as much as possible for us,” says Blair.

After spending many weeks of 2019 in the Seattle House, Selah and her family are now back down in Mississippi. Sometimes Blair wishes that they could stay here in Seattle to be close to Selah’s care team, but for now, it’s reassuring to know they have a home-away-from-home when they are back for more surgeries and care. “Everyone has things they are dealing with. This is our unique thing. We are grateful the Ronald McDonald House is here to help us through it.”

You Made Our 2019 Gala Extraordinary.
Thank You!

We wish a heartfelt thank you to all supporters and participants of our RMHC® Annual Gala. With your generosity, we raised more than $800,000 to provide a safe, comfortable, and welcoming environment to families going through an extremely difficult time in their lives. This year, our guests gave more than ever - breaking fundraising records from years past! Thank you from the bottom of our hearts.

Special Thanks to All of Our Sponsors

Be sure to save the date for next year: October 24, 2020!
Volunteer Spotlight: Tim King

Tim King has a huge heart for our families. He is a solution champion in our Seattle House, always happy to take on various repair projects to make sure our families’ lives are as comfortable, safe, and efficient as possible during their stay.

Tim is a degreed civil engineer and graciously tackles our regular maintenance list for the entire Seattle facility with a smile. He’s very skilled in carpentry and recently gave his time to reinforce every cabinet door in our Seattle House’s kitchen. He is always on board to make things better.

We all feel so lucky and grateful to have such wonderful help. Thank you, Tim, for all that you do for the House and our families!❤

Every donation to Ronald McDonald House Charities® of Western Washington & Alaska helps to provide housing, essential support, and a welcoming environment for families facing very difficult times.

Comfort our families today! Return the included envelope or visit rmhcseattle.org/donate

Ways to Give Throughout the Holiday Season

As you gather with family and friends this season, you can imagine how this time of year is often the hardest time to be away from home for RMHC® families. We work hard to make sure everything we do at the House brings extra comfort, and we could use your support in making that happen.

What helps our families the most within this busy, festive season? There are many ways for you, along with your office or your family, to be involved.

Here are some of the most meaningful ways to give throughout the holiday season:

• **Host a Donation Drive** - we regularly need food, toiletries, and other daily essentials for our families. Our website (www.rmhcseattle.org) offers all you need for hosting a drive, including current wish lists for specific needs, and printable lists to display for your collection. We also have promotional banners and extra organization tips. Please email kaarin@rmhcseattle.org with questions and to schedule a donation drop-off time.

• **Contribute to Current Family Needs** - be sure to sign up for our emails (find sign-up info at the bottom of each page on our website) and follow us on Facebook to learn our current, seasonal needs.

• **Donate $150 to House a Family for a Night** - your gift of $150 provides one night’s stay at the House for families when they need it most. $1,050 covers one week. You can submit your gift with the included envelope or give online at www.rmhcseattle.org/donate

Thank you for your continued support of our families. Your gifts make this season merrier!❤
Some very caring Eagle Scouts supported our Seattle House this fall. Ben Cook, above, orchestrated a roofing project to revamp our supply shed and Alex Whitehorn organized an enormous food donation! Thank you both for such generous efforts for our families!

Kayden recently celebrated her 11th birthday and asked her friends to donate to RMHC® in lieu of birthday gifts. She raised and donated over $300! What an amazing and inspiring gesture. Happy Birthday, Kayden - and thanks so much from all of us!

Be sure to visit our Facebook page to find all the fun we had this fall!

Save the date for our 2020 HOCKEY CHALLENGE! - February 15, 2020 -
Your continued support makes a huge difference!