

May 17, 2019

Dear Friends:

Imagine spending a stressful and worry-filled day at the bedside of a critically-ill loved one. Now, imagine returning to your home away from home at night to find a home-cooked and lovingly-prepared dinner waiting for you.

The Mark Preece Family House (MPFH) provides 24 rooms and many of the comforts of home to out-of-town families who have loved ones being treated in Hamilton hospitals. Since opening in 2011, we have served more than 5,000 families from all over Ontario, Canada and the world.

MPFH also provides a volunteer-supported Thyme4Dinner program. Local individuals and groups can volunteer to prepare a meal for the families who are staying in the House. While we have a kitchen for the use of the 24 families who stay here, many guests can't find the energy to shop for and prepare a meal or they can't afford nutritious food. Thyme4Dinner is a wonderful way for community groups, friends and businesses to spend some quality time together while contributing to a great cause.

It's also a terrific way for high school students to acquire their volunteer hours. While we require House volunteers to be over 18, Thyme4Dinner is a great way for the whole family to become involved in helping others in need.

You can prepare the meal at home and drop it off but many volunteers appreciate the interaction with families gained by preparing the meal at the House. Dinner is usually served for 6 p.m. and we suggest you prepare for 25 - 30 diners. Leftovers are refrigerated promptly and are usually gone by the next morning.

It may also be of interest to your school that we greatly appreciate when students conduct food drives on our behalf.

Please call us at 905-529-0770 or <u>info@markpreecehouse.ca</u> for more information. Thanks for the consideration!

Yours sincerely,

Pearl Wolfe

Executive Director

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