



# Community Giving

The official newsletter of the **Rouge Valley Health System Foundation**

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Spring 2016

## A website head and shoulders above

### Search Engine People create web-presence for The Shoulder Centre

The Shoulder Centre at Rouge Valley Health System (RVHS) celebrated an exciting step in the evolution of the program with the launch of its highly anticipated website this April.

The website – [www.theshouldercentre.ca](http://www.theshouldercentre.ca) – was only made possible thanks to a generous donation of time and talent by Search Engine People. Known for its international reputation of being a digital marketing leader, this Durham-based company jumped at the chance to support their local community hospital.

“I was so excited when Search Engine People partnered with us on this project,” said Tracy Paterson, Vice President of the RVHS Foundation. “We have fantastic shoulder specialists and surgeons on staff at Rouge Valley; thanks to Search Engine People’s creativity and experience in the digital world,



**WWW.THESHOULDERCENTRE.CA:** Developed by internationally renowned web-experts, The Search Engine People, The Shoulder Centre’s website offers the right information in a user-friendly fashion.

others will know it too.”

As The Shoulder Centre grows, the website will continue to be expanded, adding more

information to benefit patients and physicians of the Central East Local Health Integration

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## New urology suites are open for business



**GRAND OPENING:** Andrée Robichaud, RVHS President & CEO, with Dr. Greg Trottier, Dr. Jeff Spodek, Chad Hanna, Foundation President and CEO, Judith Barker, Foundation Chair and Dr. Zak Klinghoffer, officially opened the new Urology Suites at Rouge Valley Centenary hospital.

Thanks to the generosity of donors and the dedication of the committee behind the *In Our Hands* campaign, Rouge Valley Health System’s Urology Program has a state-of-the-art new space to provide care. The donors and staff who made it possible were celebrated on April 12 at a special event.

The RVHS Urology Program cares for patients in a number of areas, from kidney disease to prostate issues, for both men and women. After the ribbon was cut to officially open the new space, guests were given an exclusive behind the scenes tour, hosted by Dr. Jeff Spodek, Division Head of Urology. They saw the new Urology department and Diagnostic Assessment Units, as well as the Cystoscopy Suites, fully equipped with new equipment and technology, the dedicated space for Urology patients, and the brand-new prostate clinic.

Visit [www.rougevalleyhands.ca](http://www.rougevalleyhands.ca) to meet the Urology Program surgeons and read about real patients whose lives have been changed thanks to the care of the urology program at RVHS.

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RVHS CEO & President Andrée Robichaud, centre, visited with staff teaching children about hospital care.

## Teddy bears help kids learn about hospitals

Rouge Valley's Teddy Bear Clinic, a free event that invites children to bring their favourite stuffed animal for a check-up, was held recently at both Rouge Valley Health System hospitals, receiving rave reviews.

Now in its fourth year, the event shows children routine medical procedures as they move through various stations. During the clinic, children meet health-care professionals and volunteers, while accompanying their teddy bear (or other favourite stuffy), which "receives" x-rays, blood tests, surgery, casting, and more. This year, between the two clinics at RVC, 46 families attended, (85

children with their stuffed toys). There were 30 volunteers to help with the event (including registered nurses, students, a child life specialist, technicians, hospital volunteers, and Project Sunshine volunteers). At the second clinic 50 families (89 kids and 64 adults) attended the Teddy Bear Clinic held in the cafeteria at RVAP.

Mom Anita Klubal was thankful to have seen the notice in her local paper of the event. "I wish I had had this information when my son was small and was coming to the hospital on a regular basis. If we had known these things it would have been much easier for us," she says.

The event received coverage on CTV News and Breakfast Television on City.

| Jane Kitchen

## Rouge Valley launches neurology clinic for kids

Rouge Valley Health System (RVHS) has a new clinic to help paediatric patients with neurological conditions. Families in Scarborough and west Durham Region with children who have brain-related injuries or disorders can now access specialized services close to home.

The neurology clinic is offered as part of the Galaxy 12 Child and Teen Clinics at Rouge Valley Centenary (RVC) hospital campus in Scarborough. The clinic sees children (newborn to age 18) with conditions such as epilepsy and seizures; stroke; headaches; concussion; movement disorders; neuro-genetic diseases; congenital defect of the brain and spinal cord; and cerebral palsy. It runs the first and third Tuesday of the month.

Rouge Valley's paediatric neurology clinic has been made possible by the addition of Dr. Dragos Nita to the department of paediatrics at RVC this past fall. A paediatric neurologist, Dr. Nita has expertise in epilepsy, brain injuries, and assessment of the brain using electroencephalography (EEG).

He believes that it is important to support young neurology patients throughout the community to help them achieve their maximum potential. Dr. Nita is both a medical doctor and a researcher.

| Jane Kitchen

## 'Siva' cares about his volunteer work for Foundation and Rouge Valley Health System

With the news filled with stories of families relocating to Canada due to dangers in their homelands in the past year, a volunteer with Rouge Valley Health System can easily identify with what they are going through.

Navaratnam Sivanathan, better known as 'Siva' to his friends in the Foundation, explains he came to Canada in 1988 from Sri Lanka where violence became so rampant that his home was burned to the ground.

"When we came here, we had nothing," he explains.

Arriving with his wife and son, Siva found work in the banking

industry and did well, enjoying life in his adopted country. Living in the Scarborough area, he relied on Rouge Valley Centenary hospital for care and after retiring, decided this is where he wanted to spend his newfound available time.

"Now that I'm retired, I want to stay occupied and I want to help in the community and the hospital was my first choice," he explains.

Siva started volunteering at RVC in 2006 and this year is celebrating a decade with Volunteer Services. In recent years he has been very involved in supporting the Foundation and currently visits the office once or twice a week, most often to



Navaratnam 'Siva' Sivanathan sorts through hundreds of entries for the Foundation's staff Cash Cow payroll donor lottery, as part of his weekly volunteer work at RVHS.

sort out entries in the Foundation's staff Cash Cow Lottery for each draw.

Siva's wife passed away in 1999, he says, while his son is a professor at a prestigious business school in

London, having been named to awards for his work.

Siva says he would recommend volunteering at RVC to anyone.

"I enjoy it very much," he says. "I look forward to it each week."

# Bringing hope to cancer patients

## Healing Hope Brunch puts spotlight on RVC Cancer Care Program

It was an amazing afternoon on Sunday, April 3, at the 4th Annual Healing Hope Brunch. Letna Allen-Rowe, (Ms. Letna) a breast cancer survivor and former patient of the oncology clinic at Rouge Valley Centenary hospital (RVC), hosted her annual fundraiser at Sts. Peter & Paul Banquet Hall, in Scarborough with keynote speaker Dr. Collette Rutherford, Program Chief, Obstetrics and Gynaecology at RVC.

The host was once again the fabulous Marcia Brown who had everyone laughing and enjoying the festivities. Ms. Letna, a performer and singer herself, was very excited to bring together talented performers including Jay Harmony, MeLisa, Sai Niruthya Dance School, Sharon Barnett, Tiffany Gooch and Step It Up Dance Group for the audience's pleasure.

In explaining how and why she started the fundraiser to support the RVC Cancer Care Program, Ms. Letna points to when she received care during her treatment.

"With the help of my family, daughter Yanique and my husband Arnold Rowe, we vowed to fight the dreaded disease with ev-



**From left in the back row are Ros Sagar-Lal, of the Foundation, Dr. James Chiarotto, RVHS Medical Director, Oncology and Mary Slavik of the Foundation. In front are the members of the Brunch organizing committee, Jennifer Taylor, Yanique Williams, Natalie Hanson, Letna Allen-Rowe, Sharon Barnett (behind) and Pam Joseph. The group raised an amazing \$7,000 from the event to support the RVHS Cancer Care Program.**

erything that we had," she says. "While going through my treatment, taking the cancer drug Letrozole, multiple surgeries and reconstruction, it hit me that I could do something with my life instead of moping and crying everyday."

A strong supporter of the Jamaica Cancer

Society as well, Ms. Letna has a passion to continue to help others through her fundraising work.

"My wish is to see all women free of this dreaded disease at some time, if not in my lifetime, hopefully in the lifetime of the next generation."

## Dedicated support recognized during National Volunteer Week

During the week of April 11-15, Rouge Valley Health System Foundation paid tribute to the many volunteers that support its fundraising efforts through the year. Without volunteers, it would not be possible to host the many activities supporting Rouge Valley Health System.

Through support of planning and running many events and in the hospital through many activities, including serving on the Foundation's Board of Directors, volunteers are at the heart of what we do.

Our community health care is supported by the Auxiliary to Rouge Valley Ajax and Pickering hospital, as well as Volunteer Services at Rouge Valley Centenary hospital.

To learn more about volunteering at either site, visit [www.rougevalley.ca](http://www.rougevalley.ca) and click on the 'Volunteering at Rouge Valley' tab in the lefthand menu.



**Surgeons in The Shoulder Centre recently took the opportunity to show their appreciation to the Auxiliary to Rouge Valley Ajax and Pickering hospital for their \$50,000 donation to the Centre. Many volunteers work side by side with the staff, caring for patients who come through the hospital's doors. Drs. Lobo, Slade-Shantz and Gallay, in the back row, recently hosted an education breakfast where they recognized members of the Auxiliary to thank them for the generous gift.**

# A G A L A T O R E M E M B E R

HEROES AND SIDEKICKS WERE READY TO TAKE ON THE FORCES OF EVIL AT THE 2016 GALA!

POW



Emcee Colin D'Mello of CTV.

## ROUGE GALA TO THE RESCUE

The 2016 Rouge Valley Health System Foundation Gala, held March 4, 2016, at the Liberty Grand in Toronto, saw real life superheroes walk, dance and celebrate in style to support their community hospital.

Funds from this year's gala will be used to purchase two new surgical towers, one for each of Rouge Valley Centenary and Rouge Valley Ajax and Pickering hospitals. This valuable tool is used in surgical procedures, giving surgeons access to state-of-the-art equipment, with high-definition cameras and integrated monitors, computerized data management, and tools used in many different types of procedures.

The gala event featured music, surprise performances, an amazing array of food, dancing, a world-class silent auction, and for the second consecutive year a new car was raffled off. A 2015 Chevy Trax, sponsored by VanDusen Chevrolet in Ajax.

The Foundation is proud to have had the support of TD as the presenting sponsor for the Superheroes & Sidekicks Gala. For more details, or to see all of the pictures, visit [www.rougegala.ca](http://www.rougegala.ca).



Doctors, medical staff and guests alike had fun letting their inner-superhero take flight.

BANG!!



Gala Co-Chair Dr. Igor Goussev and Foundation Director John DiCesare, AKA Captain America, and his wife Tracy, AKA Superwoman.



Congratulations to Viki Mansel who won the 2015 Chevy Trax LS at the Superheroes & Sidekicks Gala, March 4, 2016. And thank you to all of the 300 ticket purchasers who supported Rouge Valley Health System's surgical program through the raffle, lottery license #M779897. Pictured from left are: Jim VanDusen of Raffle Sponsor VanDusen Chevrolet, Gala Co-Chair Dr. Elizabeth Hartley, winner Viki Mansel, Foundation Chair Judith Barker, Wendy Brisebois of Gold Sponsor TD Commercial Banking and Foundation President & CEO Chad Hanna.



# Celebrating community hospitals

## Hospitals Week a chance to show the advantages of local health care

Rouge Valley Health System marked Community Hospitals Week in Durham, April 4 to 10, with a newspaper and radio campaign, celebrating local health care. And on April 28, the Scarborough Mirror and Toronto's Metroland newspapers marked Community Hospitals Week in their communities with the second annual special newspaper insert, which included a feature on Rouge Valley's paediatric clinics.

In Durham Region, along with radio commercials and interviews with nurses, doctors and donors, the special 12-page newspaper section was published and distributed to 177,000 homes across Durham Region. Along with a feature outlining the benefits of the Central East Regional Cardiovascular Rehabilitation Service, the newspaper insert included feature stories outlining the advantages of community hospitals, as well as the amazing teams in our surgical programs, and the creation of The Shoulder Centre, located at Rouge Valley



Health System.

The Foundation appreciates the sponsors and partners in the campaign, who made it possible. It starts with the leadership at Rouge Valley Health System, for supporting the

project in every way. Along with the hospital, we are grateful to the stations at Durham Radio, KX 96, 94.9 The Rock and 107.7 CKDO for bringing a real voice to local health care, along with the team at Metroland Durham Region Media Group for bringing the news to everyone in Durham Region.

An amazing team of medical staff, volunteers and donors participated in the commercials and stories. To learn more, visit [www.durhamhospitalsweek.com](http://www.durhamhospitalsweek.com). To watch the making of the wonderful testimonials and radio interviews with Terry Johnston, created for the radio campaign, visit our Facebook page, [www.facebook.com/rougevalley](http://www.facebook.com/rougevalley) and there you can see them being recorded in posts during the week of April 4-10.

And, finally, we must shine the spotlight on the corporate sponsors who made this possible through their sponsorship of the newspaper section: VanDusen Chevrolet, OPG, Tribute Communities, The Pickering Town Centre and Veridian Connections.

Visit the Foundation's website, [myrougevalley.ca](http://myrougevalley.ca) to find links to all of our social media and the radio campaign, as well as a link to a PDF version of the newspaper section.

# A grand opening for RVC Smilezone

## Bright, cheery space for young cancer patients

Rouge Valley Health System (RVHS) officially opened new Smilezones for young cancer patients and their families on Monday, Feb. 1, 2016 at its Centenary hospital campus.

These bright, fun spaces are located at the paediatric oncology clinic at Rouge Valley Centenary (RVC) hospital campus, which is a Paediatric Group of Ontario (POGO) satellite clinic offered in partnership with the Hospital for Sick Children (SickKids). As a POGO satellite, the clinic provides cancer care closer to home for children living in Scarborough and west Durham. The clinic cares for between 80 and 90 patients, who come for nearly 1,000 outpatient visits and 30 inpatient stays every year. Thanks to the Smilezone Foundation, partnering with the RVHS Foundation, the busy clinic is now newly renovated with many engaging spaces for its young patients.

There are four new Smilezones at the clinic:



**Members of the Smilezone Board, Scott Bachly left and Adam Graves at right, and patients and their families, with Graeme McKay (third from left) of the RVHS Board of Directors, and Terri Toms (second from left) of the RVHS Board of Directors, officially cut the ribbon to open the Smilezone at RVC.**

the main clinic hallway has been brightened with kid-friendly colourful murals and a huge white board for colouring; there are two inpatient rooms now with wall murals, sensory

toys, and drawing boards; and the waiting area is home to a kitchen area for parents, as well as a tabletop hockey game, tablet stations, and a wall of storage for arts and crafts supplies.

## Redefining the patient journey

Continued from Page 1

Network (CELHIN) community.

"I know that people research online to find THE place to go for the best shoulder care. By having this great, competitive web presence, we want current and future patients to be confident that they can receive great care close to home at The Shoulder Centre," said Dr. Stephen Gally, Division Chief of Orthopaedics at Rouge Valley Ajax and Pickering hospital.

Rouge Valley's own orthopaedic surgeons have designed The Shoulder Centre to transform the way shoulder pain is treated, using innovation and technology to redefine and shorten the patient journey like no other hospital in the country.

"I received amazing shoulder care from Rouge Valley's surgical staff, and I want to make sure that other patients can also easily access that high level of treatment when they need it. That's why I have personally committed to helping make The Shoulder Centre into THE destination for shoulder care, both in our community and throughout the province," says David Cicchelli.

After being assessed by Rouge Valley orthopaedic surgeon Dr. Joel Lobo, Mr. Cicchelli underwent very successful surgery to repair SLAP and bicep tears. Because of



From left, Dr. Jesse Slade-Shantz, an orthopaedic surgeon for The Shoulder Centre (TSC), with TSC campaign cabinet members Steve Mackey, Jennifer Osborne, Jim VanDusen and Ash Khan, at The Search Engine People for the launch of the website, April 20, 2016.

the experience, he chose to be part of the volunteer Cabinet - whose members include local business leaders - that is raising \$1.25 million for the Centre, as well as working to develop The Shoulder Centre into an efficient and cutting edge health centre.

Set to officially open its new dedicated space at Rouge Valley Ajax and Pickering hospital this spring, the Centre has already developed a new intelligent algorithmic tool that guides a family physician through better assessment of their patient's shoulder pain before referral to The Shoulder Centre. And in order to streamline the patient journey, this detailed report helps determine which member of the Centre's

multidisciplinary shoulder specialist team will take charge of the patient's care.

Whether the treatment is a cortisone injection performed by the sports medicine physician, a custom exercise program crafted by the physiotherapist or surgery booked with the orthopaedic surgeon, the patient will not have to wait to receive the best care from the most suitable shoulder expert, and will become pain free quicker. When your life is on pause due to pain, you deserve to press the play button quickly so you can return to living and working pain free. For more information about The Shoulder Centre or to download the referral form for your family physician, visit [www.theshouldercentre.ca](http://www.theshouldercentre.ca).






## Remember Us

*Memorial, tribute and thank you donations stay at your local community hospital*

*The following have been recognized with a gift in their honour to support Rouge Valley Health System Foundation, between January 1, to April 15, 2016.*

<p><b>In Memory:</b> Acklima Babwah Barry Blencowe Chi Miu Cheung Lucia Colangelo Elice Correa Salvatore Cosentino Jenny W. Eng Jessie Everest Virginia Fajardo Dr. Ofei Fleischer-Djoletto David Gair Andrew D. Gendron Shirley Honsberger</p>	<p>Ken MacInnis Katherine MacIntosh Adrian MacIntosh Kathleen Matthews Joseph A. Mercer Susan Miller Dr. Sarojini Nandkeolyar Heidmarie Nitz Neal Lauré Noble Margaret R. Pereira Lynden W. Robinson Carol Lynne Rohland Marion Rostron Brenda G. Smith</p>	<p>Andrenea E. Snooks Ivy Soon Fah Jean I. Tomlinson James C. Williams Emily Young Annie Yurkiw</p> <p><b>In Honour:</b> Chick Yat Chan Mei-Chun Cheung Dr. Allan Eckhaus Dr. Stephen H. Gally Dr. Igor Goussev</p>	<p>Dr. Elizabeth Hartley Charly Haynes Dr. Joel Lobo Vincent Lobraico Paul Mooney Dr. A. Joseph Ricci Rouge Valley Ajax and Pickering hospital Staff Paul Sheopaul Dr. Jesse Slade Shantz Dr. Jeffrey M. Spodek Theepa Sundaralingam Dr. Gregory Trottier Dr. James Wang</p>
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Celebrate a special occasion, show your appreciation or remember a loved one by making a donation to Rouge Valley Ajax and Pickering hospital or Rouge Valley Centenary hospital. Simply contact the Foundation office at 905-683-2320 x1501 or 416-281-7342, or make your donation online at [www.myrougevalley.ca](http://www.myrougevalley.ca).

# Bequests help RVHS provide great health care

## LEAVING A BEQUEST IS SIMPLE

You can tailor your bequest to the hospital and/or program area that is important for you. For a specific bequest the clause in your Will might look like this:

To pay to ROUGE VALLEY HEALTH SYSTEM FOUNDATION the sum of \$..... to be designated to Rouge Valley Ajax and Pickering hospital for the Shoulder Centre.

A general bequest to the area of highest priority need would look like this:

To pay to ROUGE VALLEY HEALTH SYSTEM FOUNDATION the sum of \$..... to be used for the area of highest priority need.

Further examples of bequest clauses can be found at [www.myrougevalley.ca](http://www.myrougevalley.ca), or call Mary Slavik, director of planned giving, at 416-281-7342.

## DETERMINING THE SIZE OF BEQUEST

Every gift counts toward patient care no matter what the size. The smallest bequest was \$1,000 which is 20% of the cost of a vital signs monitor – the most important frontline

### Acknowledging Estate Gifts

Leaving a bequest in your Will is a wonderful way to express your appreciation to nurses and doctors for the care provided to you and your family. Over the past year, Rouge Valley Health System received the following bequests:

- Estate of **Hazel Anderson** to Rouge Valley Centenary for highest priority needs
- Estate of **Gunars Dreimanis** to Rouge Valley Centenary for highest priority needs
- Estate of **Jessie Head** to Rouge Valley Centenary for highest priority needs
- Estate of **Ivan Mark** to Rouge Valley Ajax and Pickering for highest priority needs
- Estate of **Robert Nishizawa** to Rouge Valley Centenary for highest priority needs.

All estate gifts directly benefit the care and treatment of patients by making it possible to purchase medical equipment. The provincial government does not fund equipment so bequests are an important source of funding to ensure that Rouge Valley Health System obtains the best equipment possible for patients at the bedside, in clinics and in operating rooms.

piece of equipment throughout the hospital. Your personal financial adviser or accountant can help you determine an overall bequest amount that will bring you the best tax advantage. With this amount, you can determine if you want to make one bequest to Rouge Valley, or, include other charities

that are important to you. If you like to do your own planning or investigation, we invite you to check out Giftabulator on our website, [www.myrougevalley.ca](http://www.myrougevalley.ca). This easy interactive program will give you an initial overview of what your bequest budget could be.



**MOORE'S HOST TO ROUGE WITH LOVE:** Supporters of Rouge Valley Health System's Regional Cardiac Care Program celebrate Valentine's Day and Heart Month in style with hosts opening their homes for To Rouge with Love cocktail parties. Dr. Nisha D'Mello spoke to the guests of Gord and Ann Moore on Feb. 17, at their Scarborough Bluffs home. The Cardiac Program is doing incredible things, embracing the concept of providing excellent cardiac care across both the Rouge Valley Ajax and Pickering and Rouge Valley Centenary hospital campuses.



**TO ROUGE RETURNS TO THE RAGHURAI HOME:** On Feb. 19, Anne Raghurai opened her home to family and friends to hear from guest speaker Dr. Anjala Chelvanathan, at her To Rouge with Love cocktail party. The event raises funds to help purchase essential cardiac equipment for the RVHS Cardiac Care Program. Leaders from Rouge Valley Health System's well-respected cardiac team talk about heart health and answer questions from guests. See pictures by checking out the Photo Gallery link at [www.myrougevalley.ca](http://www.myrougevalley.ca).

# U P C O M I N G E V E N T S

## MAY

### ROUGE VALLEY CENTENARY BED RACE

Friday, May 27, 2016, at the Town Centre Plaza, just north of the 401 on McCowan Rd. Visit [www.bedrace.ca](http://www.bedrace.ca) to register a team or support a team with a donation. This year's race will support RVHS Oncology and Paediatrics.

## JUNE

### ZUMBATHON!

Saturday, June 18, 2016, \$15 per person, from 1-3 p.m. At Pickering High School, Ajax in the cafeteria. For details, email [info@evergreengrowth.ca](mailto:info@evergreengrowth.ca), the1stanley@gmail.com or call Samantha, 647-957-0228 or Audrey, 647-290-8113.

## GATES OPEN HOME & GARDEN TOUR

The homes of the Scarborough Bluffs will swing their front gates open to welcome guests for a fourth year, Saturday, June 18, 2016, in support of the Rouge Valley Health System Foundation, from 10 a.m. to 4 p.m. For ticket information, visit [www.bluffsgatesopen.com](http://www.bluffsgatesopen.com).



**In recognition of Great West Life, London Life and Canada Life**  
Thank you for being a lead donor to the *In Our Hands* Urology campaign

As a generous community partner, the Rouge Valley Health System Foundation and the Surgical program at Rouge Valley Health System extend tremendous gratitude for helping build a stronger community for our patients and their families.



presents



**The race is on to support  
RVHS Oncology and Paediatrics.  
Join us Friday, May 27, 2016  
at 11 a.m. at Town Centre Plaza.**

**Sign up your team or  
support a participant.  
Go to [www.bedrace.ca](http://www.bedrace.ca) today!**



**Rouge Valley**  
HEALTH SYSTEM  
FOUNDATION

We look forward to hearing your stories and feedback. If you would like to subscribe to our *Community Giving* eNewsletter, please write to us at [foundation@rougevalley.ca](mailto:foundation@rougevalley.ca) (include "Subscribe eNewsletter" in the subject line of your email).

**Rouge Valley Centenary** ■ 2867 Ellesmere Road, Toronto, ON M1E 4B9 ■ (416) 281-7342

**Rouge Valley Ajax & Pickering** ■ 580 Harwood Avenue South, Ajax, ON L1S 2J4 ■ (905) 683-2320 x1501

Website: [www.myrougevalley.ca](http://www.myrougevalley.ca)



[twitter.com/RVHSFoundation](https://twitter.com/RVHSFoundation)



Facebook: Rouge Valley