



# Community Giving

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

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## Rouge Valley's cardiac patients benefit from Metabolic Stress Testing System

One day after shoveling snow, 73-year-old **William Martin** felt a sharp pain in his chest and was short of breath. Something wasn't right, but doctors couldn't find the problem. Finally, ten days and an angiogram later, Mr. Martin had a triple bypass heart surgery.

Nearly a year after his surgery, Mr. Martin is close to completing his Cardiac Rehabilitation program at Rouge Valley Centenary hospital campus. The Metabolic Stress Testing machine, used by Mr. Martin at the beginning and end of his exercise program, has helped Exercise Therapists help him on the road to recovery.

"This machine helps us to determine the right dose of exercise that our patients need,"

explains Exercise Therapist **Jimmy Ostoya**. The machine analyzes the patient's oxygen and carbon dioxide levels, and determines how the patient's heart, lungs and muscles respond to exercise. The machine was purchased with funds raised during the Cardiac Care Program's "Walk with Heart" walkathons. Participants of the annual walkathons include staff, patients, and their families, and takes place on the 11th floor Cardiac Rehab indoor track. The department raised close to \$50,000 towards the purchase of this machine.

A year after his surgery, Mr. Martin is making great progress. "I feel great, and I'm very pleased with the treatment I've had."

## Cardiac Care Program

Give a gift from the heart



Rouge Valley Health System's Cardiac Care Program is a regional Centre of Excellence and is considered one of the best of any community hospital in Ontario. Our aim is to ensure that the Cardiac Care Program has state-of-the-art technology and the resources needed to attract and retain the best heart care professionals, and to ensure that we can provide the best cardiac care available.

When you give a gift to Rouge Valley's Cardiac Care Program through the Rouge Valley Health System Foundation, you are supporting the thousands of cardiac patients we see each year and all the physicians, staff and volunteers who care for them.

## Paint the Town Rouge Gala supports RVHS cardiac care

On Friday, March 27, 2009, revelers will Paint the Town Rouge at our highly-anticipated gala supporting Rouge Valley's Cardiac Care Program. You are invited to our signature celebration with true heart. This is your opportunity to partner in community healthcare today for a healthy return on investment tomorrow.

Your support will help ensure that the Rouge Valley Cardiac Care Program has the technology and resources needed to provide the best cardiac care for you and your loved ones. To purchase tickets, please call **Heather Montague** at (905) 683-2320 extension 1501.



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## New RVHS cardiac physician loves job, mentors youth

For cardiologist **Dr. Paul Galiwango**, the best part about being a physician is the privilege of helping to improve the health and well-being of his patients. That's why he's so committed to helping to open doors for visible minority students who may be considering a career in medicine. The physician, who joined Rouge Valley Health System's Regional Cardiac Care Program in November, has volunteered his time speaking with students at some Toronto-area schools.

"Rouge Valley's Regional Cardiac Care Program is one of the very best within the eastern Greater Toronto Area. We welcome Dr. Galiwango to our strong medical team of cardiologists here, and we look forward to the contribution he'll make to the patients and staff here at Rouge Valley," says **Sonia Peczeniuk**, vice president of medical affairs and clinical support at RVHS.

Dr. Galiwango will see patients suffering from cardiovascular illness at both hospital



campuses. "I look forward to helping to make Rouge Valley a leader in cardiovascular imaging, and to contribute to the Cardiac Computed Tomography (CT) program, which is a valuable resource to the communities of east Toronto and west Durham region. This should be a nice complement to the strong interventional cardiology and electrophysiology programs that are already in place at RVHS," says Dr. Galiwango. "Cardiology is particularly appealing, as heart disease is a major source of morbidity and mortality in Canada. So working in this field you're able to positively impact a large number of people from a diverse cross-section of the population. It's quite gratifying to be able to improve patients' well-being and longevity."

## Rouge Valley construction projects address needs of growing patient community

Construction projects at Rouge Valley Health System are helping to meet the needs of its rapidly growing communities by offering the best in modern medical facilities.

In February 2008, 25 Neilson, a 30-unit mental health supportive housing complex, opened. Located just steps away from Rouge Valley Centenary (RVC), the facility offers rehabilitation counselling and around-the-clock support to help its residents live more fully in the community.

In December 2008, Rouge Valley's Birthing and Newborn Centre opened to the public, providing expectant families with a comfortable, home-like environment for uncomplicated births, while providing all the equipment and expertise needed to handle more complicated high-risk deliveries.

At Rouge Valley Ajax and Pickering (RVAP), construction is currently in progress for its new, much-needed 70,000 sq. ft. expansion, and a further renovation of 70,000 sq. ft. of space. The project is scheduled for completion in 2010, with the new emergency department opening by early fall 2009.

## Auxiliary's \$100,000 gift to Rouge Valley Ajax and Pickering Women's Imaging

The Auxiliary to Rouge Valley Ajax and Pickering Health Centre held a Christmas party on December 8, 2008, and **Shirley Rowland** and **Beverly Carmichael** delivered a cheque to the Foundation in the amount of \$100,000! The pledge payment was directed to RVAP Women's Imaging. The funds were raised through their on-site lottery, and from the sales of items at the hospital Gift Shop and their 4477 Shop.



## Commemorative plaque honours Volunteer Services' million-dollar achievement

The Foundation recognized and celebrated the members of the Rouge Valley Centenary Volunteer Services who helped to make the Birthing and Newborn Centre located at Rouge Valley Centenary possible through their generous contribution of time and talent.

On November 20, 2008, a special tribute was held, where we had the pleasure of unveiling a plaque in recognition of their

remarkable gift of \$1 million before over 100 Volunteers, staff and guests.

The dedication of hundreds of volunteers has gone into the fulfillment of their pledge, which included a \$10,000 pledge payment at the event, making them the largest donor to our Labour of Love Campaign.

At the luncheon celebration, **John Wiersma**, Chair of the Foundation, helped unveil the plaque in honour of their amazing achievement. "Many volunteer hours have gone into bringing us to this successful conclusion—a fine example of community spirit," he said.



## GIFTS FOR ROUGE VALLEY AJAX AND PICKERING (RVAP)

### City of Pickering Mayor's Gala dreams big



The fourth annual Mayor's Gala brought a dazzling evening of elegance to the Pickering Recreation Complex, raising money for local charities including Rouge Valley Ajax and Pickering hospital campus, the 2008 Special Olympics, hosted in Durham Region this spring, and Community Care Durham.

For those in attendance on November 15, 2008, the Diamonds and Dreams Gala was a touching display of harmony and triumph, including interludes by the Durham Regional Police Pipes and Drums, an emotional video of the Special Olympic Games, a parade of proud Olympians, presentations of honorary medals to **Mayor Dave Ryan** and Chair **Diana Hills-Milligan** and soul-stirring songs by the Young Singers with **Robert Pilon**.

Proceeds will go to Rouge Valley Ajax and Pickering's maternal and newborn services program.

### Town of Ajax gift supports reduced wait times



As the number of patients undergoing surgery has increased, the requirement for reduced wait times is greater.

Rouge Valley Ajax and Pickering hospital campus has received an Automated Endoscope Reprocessor—commonly referred to as a Scope Washer—as a gift from the Town of Ajax. On October 23, 2008, we celebrated the gift, the first piece of equipment purchased with the Town's four-year, \$250,000 pledge to support the Surgery Department. This state-of-the-art Scope Washer features two fully-independent and asynchronous reprocessing basins for high-volume, quick endoscope turnaround, enabling improved volume of surgical patients that the department can see. It also ensures infection control for patient safety.

The Town's continued support of Rouge Valley Ajax and Pickering will help ensure that every operating room is being used to its maximum potential to care for our growing community.

## Cardiac Care Program gets "Gifts from the Heart"

February is Heart Month and on Valentine's Day shoppers at the Pickering Town Centre and the Scarborough Town Centre gave a meaningful "Gift from the Heart" in support the Rouge Valley Health System's Cardiac Care Program.

For a donation of \$2, visitors to the information booths wrote messages to loved ones that will be displayed in the hospital for the rest of the month. Through the generosity of the community, we raised nearly \$1,800.

Visitors also learned about the Cardiac Care Program and ways in which to be proactive with their heart health.



Give a Gift from the Heart booth at Pickering Town Centre



Give a Gift from the Heart booth at Scarborough Town Centre

## GIFTS FOR ROUGE VALLEY CENTENARY (RVC)

### Labour of Love Campaign comes to a successful close

On November 20, 2008, Rouge Valley Health System Foundation hosted an evening cocktail party in honour of Volunteer Services, our corporate and private donors and the volunteer campaign committees who supported the building and equipping of the new Birthing and Newborn Centre located at Rouge Valley Centenary through their generous gifts and hard work.

Speaking before over 200 guests, RVHS Board Chair **Janet Ecker** announced the Campaign's successful close. "We are here to celebrate a terrific donor, volunteer and staff effort that underscores how crucial community support is for new buildings and equipment at Rouge Valley," she said. "Thanks to you, 10% of the building cost and 100% of the equipment purchases in this new Centre were funded by gifts, representing \$4.3 million of a \$20.7 million project. We wouldn't have been able to do it without you."

**Beverly Thomson**, host of CTV's Canada AM and Chair of the Labour of Love Campaign, thanked the Campaign Steering Committee and Cabinet. "These community members volunteered countless hours to help ensure that families in east Toronto and surrounding areas can introduce their newborns to the world in a more homelike, efficient, technically sophisticated, and attractive facility."

**Dr. Terry Logaridis**, program chief of obstetrics and gynecology, and **Dr. Karen Chang**, interim site leader of paediatrics, also took the stage that evening. On behalf of Rouge Valley's staff, physicians and midwives, they expressed a heartfelt thank you to all of the donors and their important contribution.

After many years of anticipation, Rouge Valley's Birthing and Newborn Centre opened to the public in December 2008. Here, the tiniest members of the community are welcomed in state-of-the-art facilities, helping to make Rouge Valley's level of care the best in the region. The Birthing and Newborn Centre boasts an Advanced Level II Neonatal Intensive Care Unit; 16 labour, delivery and post-partum rooms; 21 post-partum beds; four private care-by-parent rooms; a family lounge; two overnight hostel rooms; and two operative birthing suites, all in one wing, on one bright and spacious floor.



From left, RVHS Foundation Chair John Wiersma; program chief of obstetrics and gynecology Dr. Terry Logaridis; RVHS Board Chair Janet Ecker; interim site leader of paediatrics Dr. Karen Chang; and host of CTV's Canada AM and Labour of Love Campaign Chair Beverly Thomson

# CHEQUE THIS OUT!

## RECENT FUNDRAISING EVENTS

To read the full articles about these fun charitable events, please go to our website at [www.rougevalley.ca/rvhsf](http://www.rougevalley.ca/rvhsf) and click on News.



### Tree of Life

Organizations: Shoppers Drug Mart  
Date: September 13-October 10, 2008  
Donation: \$13,000  
Designated to: Rouge Valley Health System



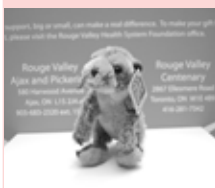
### Muffin Bake Sale

Organizations: PRYDE Learning Centre  
Date: Week of the Child, October 2008  
Donation: \$215  
Designated to: Rouge Valley Ajax and Pickering



### Dining for a Cause

Organization: Great Temptations Catering with Havana Restaurant  
Date: November 5, 2008  
Donation: \$3,500  
Designated to: Rouge Valley Ajax and Pickering



### Meerkat Critter Sales

Organizations: TELUS  
Date: November 15-December 31, 2008  
Donation: proceeds to come  
Designated to: Clinical Care Recliners for Rouge Valley Ajax and Pickering and Rouge Valley Centenary

## GIFT OF HEALTH TOY DRIVES

A special thank you to the following local businesses, service clubs, schools and community organizations who gave the Gift of Health this holiday: 505 Brownies, Pickering Auxiliary Rescue Unit, Bayfair Daycare, Ajax Rotary Club, Canada's Wonderland, Follow the Sun Salon and The Delta Bingo Pickering. And local students Stephanie and Kendra collected money from friends and neighbours in order to buy and donate toys and books.

## UPCOMING EVENTS

### A&W Root Beer & Onion Rings Fundraiser

Date: February 16-March 15, 2009  
For: RVAP  
Locations: Pickering Town Centre food court and 310 Harwood Avenue South (Ajax)  
Contact: Maureen Dowhaniuk  
905-683-2320 x1212

### Lancaster Ball

Date: May 30, 2009  
For: RVAP Redevelopment  
Location: Deer Creek Golf and Country Club  
Contact: Pat Brooks, pat@brookscreative.ca

### Paint the Town Rouge Gala

Date: March 27, 2009  
For: Cardiac Care Program  
Location: Liberty Grand Entertainment Complex  
Time: 5:30 p.m. - 1 a.m.  
Cost: \$300  
Contact: Heather Montague  
905-683-2320 x1501

### Run the Lake

Date: June 20, 2009  
For: Equipment for RVAP  
Host: Ajax and Pickering Rotary Clubs  
Location: Rotary Park, Ajax  
Contact: Maureen Dowhaniuk  
905-683-2320 x1212

### Cardiac "Walk with Heart" Walkathon

Date: April 25, 2009  
For: Cardiac Rehabilitation at RVC  
Location: 11th Floor, Rouge Valley Centenary  
Contact: Amber Heath  
aheath@rougevalley.ca

### Craig Jones Memorial Golf Tournament

Date: June 29, 2009  
For: Orthopaedic equipment at RVC  
Location: Scarboro Golf and Country Club  
Contact: Maureen Dowhaniuk  
905-683-2320 x1212

### Baby Steps Walkathon

Date: May 24, 2009  
For: Birthing and Newborn Centre at RVC  
Time: 9:30 a.m.  
Location: Departing from the Malvern Town Centre  
Contact: Maureen Dowhaniuk  
905-683-2320 x1212

### 19th Annual Golf Classic

Date: August 6, 2009  
For: Vital Signs Monitors at RVC  
Location: Sleepy Hollow Golf Club  
Contact: Heather Montague  
905-683-2320 x1501



**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).

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