



Windsor Regional Hospital

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Tribune

April 1. This is the day upon which we are reminded of what we are on the other three hundred and sixty-four. *Mark Twain*

WRH selected for Innovation Conference

Windsor Regional Hospital has been selected to present several innovative projects at the upcoming 'Innovations Expo' in Toronto on April 22, 2008. Projects include: Early Intervention in Under-Served Area - Is it possible? (Schizophrenia Program), Provision of Acute In-Patient Mental Treatment for Children and Adolescents (joint submission with Maryvale), Lymphedema Education Initiative (Cancer Program), Can the Complaining, Lean Six Sigma, Take a Walk in my Shoes, Above and Beyond/We Care, Healthy Lifestyles and Consolidated Health Information Services (collaboration with Chatham Kent Health Alliance).

All Canadian Wine Championships support WRH

For the second time, WRH will host the **All Canadian Wine Championship Tasting** at the Caboto Club on May 15, 2008. This year's event will feature over 700 different wines submitted for the competition. Tickets are \$35 and can be purchased at the WRH Foundation Office. This year, there will also be a 'Connoisseur's Event' which includes a seminar and tasting led by winemakers from across Canada—tickets for this are \$75 and include the tasting event. For tickets or more information, contact Danielle Ramsten at 52656.

WRH recognizes Nutrition Month

Windsor Regional Hospital's Food and Nutrition Department offers tips to WRH employees in recognition of Nutrition Month. They include:

- Eat well and get physical!
- Benefit from balance— challenge and support family members to achieve and maintain healthy weights.
- Quality counts – whether at home, school, work or play, keep healthy food choices top of mind!
- Give your food portions a makeover – tune in to moderation in serving sizes.
- Colour your world with vegetables and fruit!
- Be a Savvy shopper – get the nutrition facts on foods from the label.
- Make meal time a family affair!
- Healthy eating is more than a flash in the pan – it's a lifetime commitment!
- Make www.dietitians.ca/eatwell your 'go to' place for trusted nutrition information and fun healthy eating ideas!
- Have a food or nutrition question? Ask a Registered Dietitian (Remember: you can do this by visiting the WRH Intranet **10,000 pounds to 10,000 steps program** or visit the HR department at Met or Western Campus)

Enterostomal Therapy Network holds Conference in Windsor

Our Region will be hosting a Enterostomal Wound Care Conference on Thursday April 10, 2008. For more information, contact Kelly Heron at Ext. 52423.

Did you know? The WRH/Devonshire Mall Annual Charity Golf Tournament is scheduled to take place on May 22, 2008 at Pointe West Golf Club. For more information about sponsorship, golf or volunteering, please call Karen Stephens at Ext. 52449.

The WRH Tribune is a publication of the Public Affairs Department of Windsor Regional Hospital. Submissions can be made to gisele_sullens@wrh.on.ca or by calling ext. 52008.