



FRONTLINE OCTOBER 22, 2019 TRIBUNE

VOLUME 7 / EDITION 34



COMPASSION is our
PASSION



The FRONTLINE TRIBUNE is a publication of the Public Affairs and Communications Office of Windsor Regional Hospital

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MDRD Week 2019

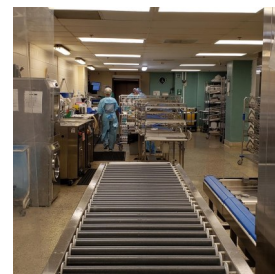
This week is MDRD week, celebrating the Medical Device Reprocessing Department (MDRD) which plays a crucial role in protecting our patients in our hospital.

This department is responsible for the decontamination, inspection, assembly, packaging and sterilization of medical devices. They are tasked with providing consistently sterile products using specialized techniques to maintain a high standard of safety and cleanliness for the Met and Ouellette campuses.

These behind-the-scenes workers are often overlooked as key players in the hospital but without this department, none of the life saving procedures and surgeries would be possible. They are personally held accountable for every instrument they touch from start to finish.

The meticulous process of sterilizing these instruments and the strictly enforced policies and procedures they follow, are put in place to protect our patients. They are the front-line workers that have the first hand in helping to save a life. They put their name to each and every surgical instrument used throughout the hospital, promising that they have personally seen to it that the instruments being used are safe.

While the doctors and nurses provide life-saving surgeries, these unsung heroes have given them the tools to do it!



Parlez-Vous Français?

Windsor Regional Hospital held its very first French Friday last week. Employees from virtually every area of the hospital at the Ouellette Campus attended to converse with colleagues, pick up a new word or two or talk about ways they could learn or ameliorate their French.

Congratulations to Kerri Donaldson, Emily Makey, Derrick Soong, Chaico Banh and Daniel Zegrean for winning a "Tourtière for 2" on Friday, October 25, 2019.

Next month the French Language Services committee will host "French Friday" on Friday, November 15th from 2:00pm - 4:00pm in the Clinical Educational Conference Room at the Met Campus.



WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

To contribute a news tip, story or advertisement in the next issue, please email us at:

frontlinetribune@wrh.on.ca



@WRHospital

Visit our website for more information at www.wrh.on.ca



UPCOMING EVENTS

OCTOBER 21 - NOVEMBER 11, 2019

WRH Family Giving Campaign
Met & Ouellette Campuses

THURSDAY, OCTOBER 24, 2019

Do Good Divas
A Night Out In Handbag Heaven
Caboto Club
2175 Parent Avenue, Windsor

SUNDAY, OCTOBER 27

T2B Halloween Spooktacular
Malden Park
4200 Malden Road, Windsor

THURSDAY, OCTOBER 31, 2019

Halloween

FRIDAY, NOVEMBER 1

Palliative Care Education Day
Ciociaro Club
3745 Talbot Road, Windsor

MONDAY, NOVEMBER 11, 2019

Remembrance Day

WEDNESDAY, DECEMBER 25, 2019

Christmas Day

DID YOU know?

Family Members can send Emails (E-greetings) to inpatients at Windsor Regional Hospital by visiting wrh.on.ca. Send an E-Greeting. E Greetings are delivered by volunteers.

Over 250 e-greetings were received in the last 4 months!



A new study shows B.C. women who took part in the province's HPV immunization program in the past 12 years have had a 57 per cent drop in the incidence of cervical pre-cancer cells compared to unvaccinated women.

Please help contribute to our "One CAN Make a Difference" Food Drive

We are once again collecting non-perishable donations and supplies for the Downtown Mission. We will be collecting items from October 22 to November 12, 2019 at the following locations:

- Ground Floor Lobby, Met Campus
- Goyeau Lobby, Ouellette Campus
- Cancer Center Lobby

We are getting an early start this year, as the need for these donations are overwhelming. Not only are men, women and youth being served individually but families are also very much in need.

Some other items to consider donating are cereals, Kraft dinner, peanut butter, canned meats, granola bars, juice boxes etc.

The Mission works tirelessly to ensure every man, woman and child have what they need and it's thanks to those who have a hand in giving them the resources to do so. With that, anything that is donated is greatly appreciated.

MISSION FACTS

- 6,127 nights of shelter have been provided for men, women, youth and families.
- 330,537 meals have been provided to those in need. That's more the 900 meals a day.
- 1,490,708 pounds of food rescued, valued at \$3.7 million and distributed to over 50 food banks, school and partnered services.
- 4,344 calls and 6,814 texts answered by the free and confidential Distress Center Program Volunteers.



THE
Downtown
Mission
OF WINDSOR



VENDORS ON DISPLAY OCTOBER 21-25, 2019

OUELLETTE CAMPUS:

Accessorize It, Unique Books, Magnolia & Vine, Funky Living, Zesty Boutique

MET CAMPUS:

Home Instead, Umbi Fashion, Thirty-One, Funky Living, Puretrim, Sunlife, Zesty Boutique, Ruelland's Stuff 'n Bears, Tote 'n Tutu

Please note: Vendors subject to change.

INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Dr. Jason Lam
PHYSICIAN
EMERGENCY
DEPARTMENT



Hailey Pawsey
GIFT SHOP
VOLUNTEER
SERVICES



Jennifer Palmer
PHARMACIST
OUELLETTE
PHARMACY



Elysia Woodiwiss
CALL CENTRE CLERK
WINDSOR REGIONAL
CANCER CENTRE

W-E Wear Pink!

Community groups are putting on the pink this month to recognize Breast Cancer Awareness month and promote the benefits of breast cancer screening.

Thanks to our friends at Workforce Windsor Essex, the Canadian Mental Health Association, Chatham Kent Community Health Centre and the Multicultural Council of Windsor and Essex County for getting your pink on and helping us get out this important message.

There is still time to join the Erie St. Clair Regional Cancer Program and get your pink on this Wednesday as part of PINKTOBER. Simply wear pink, take a photo and email to ScreeningContest@wrh.on.ca and you could win a Tim Horton's gift card!



Breast Cancer Awareness

PINKTOBER

Every Wednesday in October
wear pink to promote
breast cancer screening!

Email a photo of your team for a chance to
win a prize: ScreeningContest@wrh.on.ca



Post on social media & tag us!



Watch our pages for
your contest photos.

To learn more about Breast Screening visit:
www.cancercareontario.ca/getchecked



Halloween SPOOKTACULAR MINI GOLF FUNDRAISER

WEDNESDAY, OCTOBER 30, 2019

Colasanti's Tropical Gardens, 1550 Road 3 East, Kingsville, Ontario

Registration: 4:30pm • Mini Golf Start: 5:00pm
Buffet Dinner: 6:00pm - 7:00pm • Prizes: 7:00pm
Costs: \$35.00 Adult & \$20 /Child under 12
Prizes for Best Costume, Low Score & Fun!

For more information or sponsorship opportunities:

Email: cscollard@dmarehab.com

Phone: 1-866-309-0046 ext.348

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WINDSOR REGIONAL
HOSPITAL FOUNDATION

Proceeds benefit the Windsor Regional Hospital Trauma Program & Injury Prevention



Respiratory Therapy

Think how exciting it would be to discover a profession that is both challenging and highly rewarding. Respiratory Therapists (RT's) are registered healthcare professionals who are highly skilled and dedicated to better breathing. They care for patients in hospitals, communities, rehabilitation centres, and beyond by assessing, treating and maintaining heart and lung (cardiopulmonary) function. They are extensively educated and trained to care for all patient populations from the newborn to the elderly, from the routine to the most complex critical care scenario. RT's have specialized medical expertise and they use advanced medical technologies in their practice.

Celebrate our Respiratory Therapists by recognizing their valuable contribution to healthcare.

It's National Respiratory Therapy Week,

October 20-26, 2019.

Have you thanked an RT today?



Respiratory Therapy week at Windsor Regional Hospital
is graciously sponsored by ProResp.

The 2019-2020 Family Giving Campaign

WRH Family Giving Campaign kicked off on Monday, October 21st at both the Met and Ouellette campuses.



The Windsor Regional Hospital Family Giving Campaign provides an opportunity for all of us to give back to our hospital! Time and time again, donors of the WRH Foundation are impressed by the level of giving and generosity of our staff. We are proud to say that front line staff, professional staff, management and volunteers have donated over \$900,000 in the past decade in support of programs and services at Windsor Regional Hospital. Our goal this year is to reach \$1 million!

A special thank you goes to Catherine Dwyer, Ambulatory Nurse, who has agreed to Chair the 2019/2020 campaign. Catherine has worked in various departments at Windsor Regional Hospital for over 40 years and sees firsthand the need for new equipment and improved services in our hospital – that's why she gives! We're hopeful her giving spirit will be contagious amongst staff and volunteers!

Return your completed pledge card by Monday, October 28 at Noon and you will qualify to be entered in the draw for the Early Bird prize of a \$1,000 Travel Voucher. There are many prizes during the 3 week campaign; however, the earlier you make your donation, the better your chances are to win a fabulous prize. Click here to view the brochure and list of prizes.

Please note in order to be eligible for the fabulous prizes, even if you are a continuous donor, you must complete and submit your pledge. A minimum \$52/year donation is required to be eligible.

[Click here](#) to complete your payroll deduction/pledge online and you will also be eligible to win \$200 in Gifts Cards of your choice. For more information contact the Foundation Office at wrhfoundation@wrh.on.ca or visit www.wrhfoundation.ca.

Super Ethan's Walk

Many thanks to Ethan Abdul-Massih and his family for hosting the 5th Annual Super Ethan's Walk recently held in Kingsville's Lakeside Park. This amazing family has raised over \$50,000 to date for Paediatric Oncology at Windsor Regional Hospital.

The family's goal is to donate funds to alleviate some of the stresses families and the children go through. They have also been able to support the purchase of much-needed equipment.

Their time and efforts are much appreciated. Many thanks Ethan and Mom and Dad – Charlie and Nicole! Many will benefit as a result of your generosity.



#RECIPEOFTHEWEEK

Sweedish Meatballs With Gravy

Makes 12 servings.
Preparation: 40 min / Total Time: 60 min



INGREDIENTS

- 1 cup fresh bread crumbs
- 1/3 cup homogenized or 2% milk
- 1 onion, grated
- 340 g lean ground pork
- 1 egg
- 1 teaspoon salt
- 1/4 tsp of pepper
- Lingonberry jam (optional)
- 2 tbsp canola oil, divided
- 1 tbsp unsalted butter
- 340 g lean ground beef
- 340 g ground veal
- 1 cup finely chopped dill
- 3/4 tsp ground allspice
- 1/4 tsp of ground clove

LINGONBERRY GRAVY:

- 2 tbsp all-purpose flour
- 1 1/2 cup low sodium beef broth
- 1 tbsp lingonberry jam
- 1 tbsp soy sauce
- pinch of ground allspice
- pinch of pepper
- 2 tbsp 35% cream

DIRECTIONS

In bowl, stir together bread crumbs and milk. In skillet, heat 1 tbsp of the oil over medium heat; cook onion, stirring frequently until softened and just beginning to brown, about 6 minutes. Transfer to large bowl; let cool. Add bread crumb mixture, beef, pork, veal, egg, dill (if using), salt, allspice, pepper and cloves, stirring until combined. With slightly wet hands, roll by rounded tsp; place on baking sheet. (Makes about 60 meatballs. Preheat oven to 250°F. In large skillet, heat remaining 1 tbsp oil with butter over medium heat; in 4 batches, cook meatballs, turning often, until browned and no longer pink inside, 8 to 10 minutes. Place on clean baking sheet; keep warm in oven. Lingonberry Gravy: Drain all but 2 tbsp fat from skillet. Stir in flour; cook, stirring frequently, until golden, about 1 minute. Stir in broth, jam, soy sauce, allspice and pepper; bring to boil. Reduce heat to simmer; cook, stirring occasionally, until thickened, about 2 minutes. Stir in cream; cook, stirring, for 1 minute.

NUTRIENTS Per Serving:

Calories: 216, Protein: 18g, Total Fat: 13g, Carbohydrates: 5g, Sugar: 2g, Fibre: 0g, Sodium: 432mg

GROW ON

WINDSOR

Join today at www.GrowOnWindsor.com

A LOCAL FUNDRAISING CAMPAIGN
IN SUPPORT OF CANCER AWARENESS,
RESEARCH & TREATMENT
FOR MEN LIVING IN WINDSOR/ESSEX

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