



FRONTLINE OCTOBER 29, 2019 TRIBUNE

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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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Planning The Future Of Cancer Care At This Year's Strategic Summit

Last week, more than 60 staff, providers, patients, partners and community members got together for the the Erie St. Clair Regional Cancer Program (ESC RCP) Strategic Planning Summit. They spent the day looking at how we can work together to continue strengthening and improving the regional cancer system. The program hopes to have a new strategic plan in place by the upcoming fiscal year.

At the summit, Regional Vice President, Monica Staley Liang presented this year's Summit Awards recognizing individuals and groups that are making a difference in the lives of cancer patients and their families. Congratulations to this year's winners!

Dr. Caroline Hamm who was recognized for leading the Clinical Trials Navigator program that ensures patients are being offered the best treatments available, by linking them with appropriate clinical trials.

Gayle Iannicello who worked with the Breast Assessment Program on a pilot project to improve electronic communication with patients coming in for biopsies.

Patient & Family Advisory Committee members who helped create and lead the Patient Discharge Package initiative to give patients/survivors helpful information to navigate the next stages of the journey once they are discharged.



Understanding Our Cultural Diversity

Thank you to Fred Francis from the Multicultural Council for the luncheon session last week where he spoke about cultural awareness and how to better understand cultural diversity.

Attendees learned more about establishing a strategic process to identify and eliminate barriers and manage cultural diversity.

Ontario sees the highest percentage of immigrants, and 1 in 4 live in Windsor-Essex. Every year, we see an increase in the number of immigrants that come to Canada so it's especially important to be aware of many cultural differences in our workplace and the community we serve. We look forward to expanding the opportunity for WRH team members to hear future sessions!



WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

To contribute a news tip, story or advertisement in the next issue, please email [front-](mailto:front-@wrh.on.ca)



us at:



@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 31, 2019

Halloween

FRIDAY, NOVEMBER 1

Palliative Care Education Day

Ciociaro Club

3745 Talbot Road, Windsor

WEDNESDAY, NOVEMBER 7, 2019

Wear Your Purple Day

MONDAY, NOVEMBER 11, 2019

Remembrance Day

FRIDAY, NOVEMBER 15, 2019

Universal Children's Day

Adventure Bay

400 Pitt Street West, Windsor

WEDNESDAY, DECEMBER 25, 2019

Christmas Day

DID YOU know?

The streets on either side of the Ouellette Campus – Ouellette Avenue and Goyeau Street were named after French Canadian settlers in the region. Vital Ouellette had a strip farm that extended south of the Detroit River in what is now the city of Windsor. Jean Baptiste Goyau was a Detroit Native who cared for crops and livestock of the Huron Mission.



The CDC recently reported that 65 percent of pregnant women have not been vaccinated against influenza and pertussis (whooping cough), both recommended to protect mothers and newborns from complications from the diseases. Pregnant women with the flu are more than twice as likely to be hospitalized compared to non-pregnant women, and nearly 70 percent of whooping cough deaths occur in infants 2 months old.

Wear Purple for Osteoporosis Canada November 7, 2019

Working on Thursday, November 7, 2019? We encourage you to wear purple in support of people living with osteoporosis and join thousands across the country giving more awareness to this condition!

Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little bone, or both. As a result, bones become weak and may break from a fall or, in serious cases, from sneezing or minor bumps. Osteoporosis means "porous bone."

Experts say that while there's no cure for osteoporosis, lifestyle changes can help, including increasing your intake of calcium and vitamin D, as well as getting appropriate exercise. Proper treatment can help protect and strengthen your bones.

Wear your purple on November 7, 2019 and if you share on social media use the hashtag #purpleproudoosteoporosis!



VENDORS ON DISPLAY OCTOBER 28 - November 1, 2019

MET CAMPUS:

Unique Books, Thermacorp, Allstate, Alice & Betty Designs, Silver 'n Such, Umbi Fashion, Ava's Creations, Barbs Healthcare

OUELLETTE CAMPUS:

Funky Living, Allstate, SweetLegs, Thermacorp, Zesty Boutique

Please note: Vendors subject to change.

INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Angelica Zambito
SWITCHBOARD
OPERATOR
SWITCHBOARD



Julia Bodnar
REHAB ASSISTANT
AMBULATION
PROGRAM



Farah El-Dika
REGISTERED
NURSE
MEDICINE



Dr. Nikesh Adunuri
PHYSICIAN
MEDICINE

Protect Yourself and Others This Flu Season!

The seasonal influenza vaccine is now available in the Pharmacy. Please see below for more details:

We Care Pharmacy
Ouellette Campus
Monday to Friday
9am to 5pm

Cancer Centre Pharmacy
Met Campus
Monday to Friday
8:30am to 4:30pm



Pharmacy unit schedule – Met Campus
www.wrh.on.ca/documents/113/FluShotScheduleMET.pdf

Pharmacy unit schedule – Ouellette Campus
www.wrh.on.ca/documents/113/FluShotScheduleOUELLETTE.pdf

Any staff that receive their influenza vaccination will receive a \$2 Tim Horton's gift card. If you receive your vaccine outside of the Hospital, please return the attached consent form with proof of immunization to the Employee Health office to receive your gift card.

PLEASE REMEMBER TO BRING YOUR HEALTH CARD.

Consent:
www.wrh.on.ca/documents/113/consent%20decline%20form.pdf

Influenza immunization info sheet:
[www.wrh.on.ca/documents/113/influenza%20immunization%](http://www.wrh.on.ca/documents/113/influenza%20immunization%20form.pdf)

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!

[eriestclairregionalcancerprogram](https://www.facebook.com/eriestclairregionalcancerprogram)

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

Watch our pages for your contest photos.

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

Erie St. Clair Regional Cancer Program
in partnership with Cancer Care Ontario

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

ADVENTURE BAY FAMILY WATER PARK

UNIVERSAL CHILDREN'S DAY

FRIDAY, NOV. 15TH



P.A. DAY FOR SCHOOLS

Park Hours
10am-8pm
Free Health Expo
9am-3pm

SPECIAL ADMISSION
\$10 - Adults
\$5 - Kids
(Ages 12 and under)

FREE HEALTH EXPO

Activities, info booths, and educational opportunities in the lobby (9am to 3pm), including parenting tips, activities for kids and more, all on the theme of children's health and wellbeing.

ADVENTUREBAY.CA
401 PITT ST. W. | 519-974-AQUA(2782)



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 **Oct. 22nd to Nov. 12th** at:

- The ground floor lobby of the Met campus
- The Goyeau lobby at Ouellette Campus
- The 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. The Downtown Mission

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 its 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



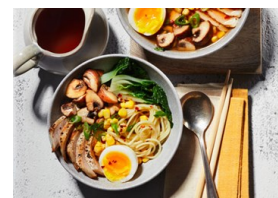
4,344 calls and **6,814** texts answered by the free and confidential Distress Center Program Volunteers



#RECIPEOFTHEWEEK

Pork Chop Vegetable Soup

Makes 4 servings.
Preparation: 20 min
Total Time: 20 min



INGREDIENTS

- 2 boneless Ontario Pork Loin Centre Chops (250 g)
- Salt and freshly ground black pepper
- 1 tbsp (15 mL) vegetable oil
- 1 carton (900 mL) sodium-free chicken broth
- 2 cups (500 mL) sliced Ontario Crimini Mushrooms
- 1 tbsp (15 mL) grated fresh gingerroot
- 3 cloves Ontario Garlic, pressed
- 4 Ontario Baby Bok Choy, quartered lengthwise
- 3 tbsp (45 mL) hoisin sauce
- 1 tbsp (15 mL) each soy sauce and rice vinegar
- 1 tsp (5 mL) each sesame oil and sriracha sauce
- 2 cups (500 mL) cooked spaghetti
- 2 cups (500 mL) Ontario Corn Kernels
- 4 soft cooked Ontario Eggs, peeled and halved
- 3 Ontario Green Onions, thinly sliced
- Crushed red pepper flakes

DIRECTIONS

Season pork with salt and pepper. In large pot, heat oil over medium-high heat; cook pork turning once, until hint of pink remains, about 5 minutes. Transfer to cutting board; let rest before thinly slicing. Add broth, 1/4 cup (50 mL) water, mushrooms, ginger and garlic to pot. Cover, bring to boil over high heat. Reduce heat to medium-low; partially cover, simmer for 5 minutes. Increase heat to high. Add bok choy, cook for 2 minutes or until leaves wilt. Remove bok choy; divide among 4 large soup bowls. Stir in hoisin, soy sauce, vinegar, sesame oil and sriracha into pot; cover and bring to boil. Divide spaghetti, corn, eggs and pork among soup bowls; ladle hot soup. Sprinkle with onions and red pepper flakes.

NUTRIENTS Per Serving:

Calories: 398, Protein: 25g, Total Fat: 14g, Carbohydrates: 41g, Sugar: 13g, Fibre: 5g, Sodium: 1010mg



2020 Family Giving Campaign

October 21 – November 11, 2019

Make a pledge for 2020 through payroll deduction to support the purchase of medical equipment. Register online between October 21 to November 11, 2019 to be included in a draw for many great prizes!

Visit www.wrhfamilypledge.ca

for more information.



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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