



FRONTLINE TRIBUNE

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

Met Campus - 1995 Lens Avenue, Windsor, Ontario, N8W 1L9
Ouellette Campus - 1030 Ouellette Avenue, Windsor, Ontario, N9A 1E1

COMPASSION is our
PASSION



YOUR WEEKLY NEWS PUBLICATION OF WINDSOR REGIONAL HOSPITAL

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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

Ron Foster, Editor
ron.foster@wrh.on.ca
519.973-4411 ext.33855

Gisele Sequin
gisele.seguin@wrh.on.ca
519.973-4411 ext.32553

Steve Erwin
steve.erwin@wrh.on.ca
519.973-4411 ext.33350

David Lenz, Ouellette Campus
david.lenz@wrh.on.ca
519.973.4411 ext.32539

The Public Affairs and Communications Department of Windsor Regional Hospital is responsible for providing coordinated leadership in the development and execution of programs, services, and activities that promote the achievements and good work of the hospital. Responsibilities include enhancing the public's awareness and understanding of the hospital's programs, services, and facilities.

Our mission is to assist Windsor Regional Hospital in achieving its vision and goals by providing effective communications counsel to Hospital leaders and key stakeholders and by implementing strategic employee, media and public communications and programs.



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



@WRHospital

The Gift Of Dignity

Being diagnosed with cancer is life changing and can turn your world upside down while taking your dignity with it. The Dignity Robe was designed to give women comfort and control, both emotionally and physically, while going through radiation therapy for breast and lung cancer.

When a patient goes to the Cancer Centre for the first time, they're given a gift. More than just material, it is a gift of dignity, respect, and a lot of thoughtful hours dedicated to the virtue of these ladies who will be embarking on a fearful and sometimes compromising journey. They are given a Dignity Robe. These robes come in a choice of colours and open in the front and on the sides with Velcro allowing women the control to be partially covered during treatment.

"It's a traumatic experience," said Audrey Festeryga, a breast cancer patient. "You don't know what to expect going through treatment. Unlike a hospital gown, these Dignity Robes provide you with a level of comfort, ease and privacy during a fairly intimate situation. They are pretty, practical and I plan on keeping mine as a gardening smock when I no longer need it for therapy. Whoever thought of these, really knew what they were doing."

It's true; this group of ladies who recently sewed for a theater group, led by Mary Lynn Rowberry, does know what they are doing. After researching, she found a program in the U.S. making these Dignity Robes and contacted them for a template. They then contacted The Cancer Centre offering to make these short-sleeved cotton Dignity Robes to present to their patients, and the Windsor Essex Cancer Centre Foundation is covering the cost of the materials.

Attached to every Dignity Robe is a little inscription that reads "This Dignity Robe was made for you in Windsor in the hopes that it helps as you undergo your healing process of radiation therapy. It is yours to take home, launder and iron as needed, and keep, burn, bury or whatever you wish to do with it when you are healed." It may only be made of material, but to the ladies who own one, it represents so much more, becoming an important part of their everyday struggle and healing process.



Photo Above
Audrey Festeryga
Article written by Laurie Harrison, Intern
St. Clair College Public Relations Program

Windsor & Essex County
Cancer Centre Foundation



www.wrh.on.ca

UPCOMING EVENTS

mark your calendars

- NOV 05** **Provincial Stroke Rounds Video Conf.**
Time: 8:00AM - 9:00AM
Met Campus, Admin Conference Room 2
Ouellette Campus, Harrow Room
- NOV 11** **Shop Til' You Drop Holiday Shopping Trip**
Pick Up: 8:00AM
Depart: Caboto Club, 2175 Parent Avenue
Great Lakes Crossing shopping trip
- NOV 14** **The Chatty Collection Retrospective Fashion Show**
Time: 7:00PM
Windsor Star News Café
300 Ouellette Avenue, Windsor
- NOV 20** **Falls Prevention Mobile Clinic**
Time: 8:00AM - 5:00PM
Amherstburg Community Services
179 Victoria Street, Amherstburg
- NOV 21** **Patient Safety Symposium**
Time: 8:00AM - 4:00PM
Caesars Windsor, Augustus Ballroom
377 Riverside Drive East
- NOV 22** **Crystal Ball Gala**
Time: 6:00PM
St. Clair Centre For The Arts
201 Riverside Drive West, Windsor
- NOV 22** **Cancer Research Conference**
Caesars Windsor
377 Riverside Drive East
www.windsorcancerresearch.ca
- NOV 22** **Twelve Cocktails of Christmas**
Time: 7:00PM
Ambassador Golf Club
1025 Sprucewood Avenue, LaSalle
- NOV 25** **Dedicated Years of Service Recognition**
Time: 5:30PM
Caboto Club of Windsor
2175 Parent Avenue, Windsor
- DEC 05** **Mele Kalikimaka Staff Holiday Party**
Time: 6:00pm
Caboto Club of Windsor
2175 Parent Avenue, Windsor
- DEC 07** **Christmas Craftmania**
Children's Holiday Party
Time: 11:00am
Caboto Club of Windsor
2175 Parent Avenue, Windsor
- JAN 18** **The DREAM KLIMB**
Time: All day event
Chrysler Building
One Riverside Drive West, Windsor

Got a article or news story
to share with the staff?

Send it to us!!!

frontlinetribune@wrh.on.ca

Practicing Safe Text

Windsor Regional Hospital partnered with the Windsor-Essex Health Unit during National Teen Driver Safety week to promote the reduction of distracted, aggressive and impaired driving, a leading cause of death among teenagers.

WRH's P.A.R.T.Y. (Preventing Alcohol and Risk-Related Trauma in Youth) Program reiterated its message to local high schools, aimed at the 16 to 19 age group who continue to be at a higher risk of death per kilometer than other age groups.

"What makes teen driver fatalities so tragic is that the vast majority of them are preventable," states Diane Bradford, Manager of the Regional Trauma Program/Injury Prevention at WRH. "Through community initiatives, we will inspire young drivers to ensure they drive safely, while making them aware of the devastating effects of distracted, aggressive and impaired driving."

E Learning Is Back

We have just finished migrating two systems together under one e-learning system to include employees from both the Met and Ouellette campuses.

We would like to "test" the system to make sure everyone is getting proper email notification and everyone can access their e-learning courses.

On Monday, November 3, 2014 you will receive email notification that a new online e-learning course has been assigned to you. This very, very brief course will highlight the new system and new look for e-learning. Answer the three test questions and submit the completed course and you will be entered into a draw for a \$50 gift card. There will be one winner at each campus (including off site services).

The deadline is quick! Completed courses must be received by **Sunday, November 9** at midnight. If you have any questions or difficulties, contact Christine Duval at ext. 52821.

Thai Turkey Stir Fry

Makes 4 Servings

Preparation: 15 minutes | Cooking: 25 minutes

INGREDIENTS

1 tbsp/15 mL vegetable oil
1 2 inch (5 cm) piece gingerroot, grated
1 lb boneless skinless turkey breast cut into strips
½ cup/ 125 mL light coconut milk
2 tbsp/25mL freshly squeezed lime juice
1 tbsp/15 mL reduced sodium soy sauce
salt and freshly ground black pepper

2 cloves garlic, finely chopped
1 head bok choy (1 lb), chopped
1 red bell pepper, julienned
1 tsp/5mL grated lime zest
1 tsp/5mL red curry paste
2 tsp/10mL chopped fresh cilantro



Heat a wok or large skillet over medium-high heat. Add oil and swirl to coat wok. Sauté garlic, ginger and turkey for about 10 minutes or until turkey is lightly browned on the outside and no longer pink inside. Add bok choy and red pepper; sauté for 4 min. Stir in coconut milk, lime zest, lime juice, soy sauce and curry paste; bring to a boil. Reduce heat and simmer for 10 minutes or until sauce has thickened slightly. Season to taste with salt and pepper. Ladle onto plates of jasmine rice or whole wheat pasta, garnish with cilantro.

NUTRIENTS Per Serving

Calories: 227; Protein: 30 g; Fat: 8.0 g; Saturated Fat: 2.4 g; Carbohydrate: 10g; Fiber: 3 g; Sodium: 315 mg. Very high in: vitamin A, vitamin C, niacin, vitamin B6, folacin, magnesium, iron, zinc High in: riboflavin, vitamin B12, calcium Source of: thiamine, pantothenic acid, fibre

Weight Watchers PointsPlus = 6 Weight Watchers Points = 5

**adding rice or pasta increases points

PROVIDING OUTSTANDING CARE TO WINDSOR-ESSEX



Stephanie Symons
REGISTERED NURSE
FAMILY BIRTHING



Aaron Foster
SUPPORT ANALYST
DECISION SUPPORT



Dawn Field
TECHNICIAN
PHARMACY



Storm Wellington
SUPERVISOR
GUEST SERVICES



“THE THIN BLUE STACHE” WRH Security Department MOVEMBER CAMPAIGN

Ask a participating Security Guard for details,
or visit movember.com for more details!
Movember TEAM NAME “Thin Blue Stache”

Celebration of Service November 25, 2014

Every year thousands of people in our community receive outstanding care from the dedicated women and men who work in our hospital. To acknowledge our staff we are hosting a "Celebration of Service" on November 25, 2014.

This event will give us the privilege of honoring the years of service and recent retirees from both campuses. We will also be recognizing those who continually go above and beyond the expectations of their jobs as we present the awards for **Legends** and **Rookie of the Year**.

To submit your nomination form, please visit the WRH intranet.

stop and sanitize

do your part to reduce
the spread of infection



Windsor Regional Hospital believes that Infection Prevention and Control is vital to patient safety. ALL persons working at both campuses of the hospital must have a RESPONSIBILITY to practice good infection prevention and control.

The hospital has adopted the “Stop and Sanitize” campaign. Hand hygiene is the single most effective way to prevent health-care associated infections and the spread of antibiotic resistant organisms.

All staff, patients and visitors are asked to perform hand hygiene when entering/exiting the hospital. There are 2 methods for performing hand hygiene:

Alcohol-Based Hand Rub (ABHR)

– PREFERRED when hands are not visibly soiled. Rub 1-2 pumps of ABHR into palms, fingers, wrists, etc. for 15 seconds (or until dry).

Hand Washing (Soap and Water)

Apply soap to wet hands and lather 15 seconds. Rinse thoroughly under warm running water. Dry with a paper towel and turn off tap (and open door) with a paper towel. Note: If hands are visibly soiled and there is no running water, use a moist towelette to remove visible soil and then ABHR.



FOUNDATION NEWS

EVENTS, CAMPAIGNS AND DONATIONS SUPPORTING
WINDSOR REGIONAL HOSPITAL and HÔTEL-DIEU GRACE HEALTHCARE

Family Gives Back In Memory Of A Loved One

Trevor Louis Funkenhauser was a son, brother, husband and uncle who passed away in 2006 at the age of 35 after a blood disorder caused a growth in his aortic valve, causing him to suffer a series of strokes. Trevor's vital organs were donated to anonymous recipients through the Trillium Gift of Life Network.

As a result of an annual golf tournament appropriately named, A Day For a Life V, this year the Funkenhauser family donated \$32,000 toward operating room equipment, enhancing the ICU Waiting Room and promoting awareness for organ and tissue donations.

The Trillium Gift of Life Network is Ontario's organ and tissue donation agency. There are currently 1500 people on the waiting list for an organ in Ontario and every three days, someone in the province dies while waiting for a transplant. To date, only 24% of eligible Ontarians have registered their consent to donate.

Simply signing a donor card is not registering. You need to go online to www.beadonor.ca to be officially registered as an organ donor.



Photo Above
Funkenhauser family proudly supporting the Windsor/Essex Hospitals Foundation with their golf tournament proceeds.

PROCEEDS TO BENEFIT

LOOKING TO THE FUTURE FOR A CURE

Join us during National Diabetes Awareness Month, raising awareness about Type 1 Diabetes to Windsor & Essex County

SATURDAY, NOVEMBER 22, 2014
ST. CLAIR CENTRE FOR THE ARTS

WINE & HORS D'OEUVRES 5:30PM / DINNER 7:00PM
RAFFLE / SILENT AUCTION / DOOR PRIZES / DJ ENTERTAINMENT
TICKETS \$100 PER PERSON - \$900 TABLE OF 10

For tickets please contact Lorraine Gagnon at 519-818-0641 or lorraine@crystalballgala.com

Hand washing
sinks must not
be used for
both hand
washing and
other purposes.



SAVE THE DATE



Windsor Regional Hospital, Hôtel Dieu Grace Healthcare & Henry Ford Hospital are partnering to bring you the

5TH ANNUAL INTERNATIONAL PATIENT SAFETY SYMPOSIUM

THE PATIENT VOICE : ARE WE LISTENING?

Featuring Guest Speaker **Suzanne Gordon**

Suzanne Gordon is an award-winning journalist and author/editor of 12 books. She has written for popular publications like *The New York Times*, *The Los Angeles Times*, *The Globe and Mail*, and many more. Suzanne is a popular lecturer. Much of her professional focus is on problem-solving the communication issues that can occur between doctors, nurses and patients. For more information on Suzanne, visit her website: www.suzannegordon.com

WHEN: Friday, November 21st, 2014
*Early Bird Registration ends October 1st, 2014

WHERE: Augustus Room III, Caesars Windsor
377 Riverside Dr. East
Windsor, ON

SCHEDULE: VIP Breakfast with Suzanne Gordon **8:00 AM - 9:00AM**
Breakfast tickets are limited.
Sessions from **9:00 AM - 4:00 PM**
Lunch is included. Free valet parking.



Website registration is now open! For sponsorship, contact aiera@experiencedmg.com.

WWW.SAFETYSYMPIOSIUM.ORG

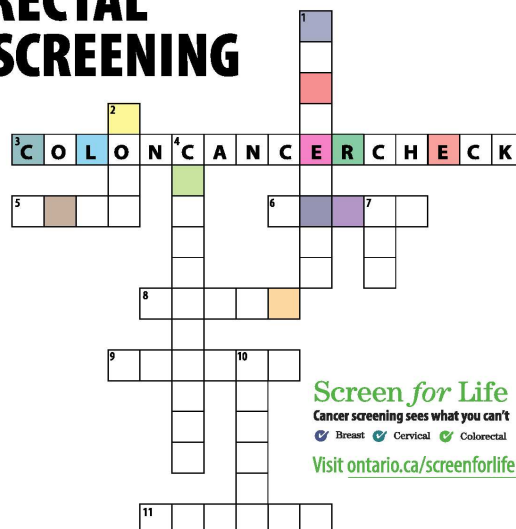
TAKE THE PUZZLE OUT OF COLORECTAL CANCER SCREENING

Across:

- Name of the organized colorectal cancer screening program in Ontario.
- Unlike the ones in school, you don't have to study for a colorectal cancer screening ____.
- Colorectal cancer screening should start at the age of ____, if you have no family history or signs/symptoms.
- As many ____ as men get colorectal cancer.
- Colorectal cancer is the ____ most common cause of death from cancer.
- A personal history of these increases your risk of colorectal cancer.

Down:

- ____g saves lives.
- This simple at home test will detect small amounts of blood in your stool.
- If you have a family history of colorectal cancer, talk to your doctor about getting a ____.
- A test for blood in your stool should be completed every ____ years for someone at average risk for colorectal cancer.
- Colorectal cancer is ____% preventable if caught early.



Screen for Life

Cancer screening sees what you can't

Breast Cervical Colorectal

Visit ontario.ca/screenforlife

ENTER TO WIN 1 of 5 \$100 GIFT CARDS!

Match the colour below to the corresponding letter in the crossword and unravel the secret code! Email the code to: screeningcontest@wrh.on.ca for a chance to win 1 of 5 \$100 Gift Cards (of your choice). One entry per person. Contest closes November 11, 2014.



WRH Staff Activities Committee invites you to:
Relax, unwind and celebrate the holidays the island way!

Mele Kalikimaka!

Friday, December 5, 2014 - 6:00pm
Caboto Club, Canada Hall
\$35 per person (Retirees - \$30) ~ Cash Bar
Price includes dinner, dancing, and door prizes.
Raffle tickets to be sold for grand prizes!

Special Performances by Kelani -
a truly Polynesian experience
Music by DJ Victorious

For Tickets, contact: Met Ext. 52330 / Ouellette Ext. 33023
Last date to buy tickets is November 21
Tickets will not be available at the door

Christmas Craftmania!

Children's Holiday Party

Sunday, December 7, 2014 ✨ Caboto Club, Canada Hall

Santa Claus will deliver gifts!!

Doors open at 11:00
Lunch served promptly at 12:00
Santa arrives at 1:00

Party is open to staff members' children and grandchildren ages 0-10yrs

**Tickets: \$15 per Adult
\$15 per child**

Tickets can be purchased in Human Resources at Met (ext 52330) and Ouellette (ext 33023)
Advance Sales Only

**Deadline to purchase tickets:
Nov 21, 2014**

Psst!
Santa will have help from a very cool friend

Write to Santa
Decorate a Cookie
Create an ornament