



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

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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

TAKE THE PLEDGE TO END BULLYING

Windsor Regional Hospital and Hôtel-Dieu Grace Healthcare are proud to once again support CTV's "The Pledge to End Bullying," a community-wide initiative that raises public awareness about the impact of bullying - in school, at work and at home.

Bullying is defined as a form of repeated, persistent and aggressive behaviour directed at an individual or individuals that is intended to cause (or should be known to cause) fear and distress and/or harm to another person's body, feelings, self-esteem or reputation. Bullying occurs in a context where there is a real or perceived power imbalance.

Different forms of bullying include:

Physical – hitting, shoving, stealing or damaging property;

Verbal – name calling, mocking, or making sexist, racist or homophobic comments;

Social – excluding others from a group or spreading gossip or rumours about them; and

Electronic (commonly known as **cyberbullying**) – spreading rumours and hurtful comments through the use of cellphones, e-mail, text messaging and social networking sites.

Please visit www.thepledgetoendbullying.ca to find information on how individuals and businesses can register their support to end bullying.

Both Windsor Regional Hospital and Hôtel-Dieu Grace Healthcare know very well the impact bullying can have when it comes to an individual's mental health. Both organizations have partnered to raise awareness about this important topic, including through television and radio advertisements which will run on CTV Windsor and AM800 over the next few weeks. The Windsor Spitfires will also be recognizing our efforts to raise awareness at a game on Thursday, November 20th.

Please join Windsor Regional Hospital and Hôtel-Dieu Grace Healthcare in taking "The Pledge" as we seek to put an end to bullying!



UPCOMING EVENTS

mark your calendars

- NOV 17** **Just Clean Your Hands Training Session**
Time: 11:00AM - 12:30PM
Administration Conference Room
Windsor Regional Hospital, Met Campus
- NOV 17** **Neuro-Endovascular & Neuro-Surgical Educational Rounds & Case Study**
Time: 4:00PM
Cotham Room
Windsor Regional Hospital, Ouellette Campus
- NOV 18** **Blood Pressure Screening Clinic**
Time: 12:00PM - 3:00PM
Windsor Regional Hospital, MET Campus
- NOV 19** **Just Clean Your Hands Training Session**
Time: 12:30PM - 2:00PM
Administration Conference Room
Windsor Regional Hospital, Met Campus
- 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
- DEC 16** **Blood Pressure Screening Clinic**
Time: 12:00PM - 3:00PM
Windsor Regional Hospital, Ouellette Campus
- JAN 18** **The DREAM KLIMB**
Time: All day event
Chrysler Building
One Riverside Drive West, Windsor
- FEB 11** **Hats On For Healthcare Day**
Time: All Day Event
Throughout Windsor-Essex
www.hatsonforhealthcare.com

FOOD & NUTRITION ROOM SERVICE TO LAUNCH DECEMBER 2 AT OUELLETTE SITE

Starting December 2, 2014, Food and Nutrition Services will be launching the Food & Nutrition Room Service for our patients at Ouellette Campus. Food and Nutrition Services take great pride in providing nutritious and healthy meals to patients, their families and staff and this is another example of improving on our success.



Food and Nutrition Services will have an information booth at Ouellette Campus starting next week. Visit the cafeteria at Ouellette from November 17th to 24th from 11:00am to 1:00pm to learn about this exciting new food service to enhance the patient overall experience at both campuses of Windsor Regional Hospital.



BLUEBERRY LEMON COUNTRY COBLER

Makes 8 servings - Serving size: ½ cup (125 mL)
Cooking time: 20-25 min



INGREDIENTS

Filling

- 3 tbsp (45 mL) sugar
- ¼ cup (60 mL) water
- 1 ripe medium pear, diced
- 1 tbsp (15 mL) cornstarch
- 1 lb (450 g) fresh/thawed blueberries
- 1 tbsp (15 mL) lemon zest

Topping

- ¾ cup (180 mL) white whole-wheat flour
- 1 tsp (5 mL) baking powder
- 2 tbsp (30 mL) canola oil
- 1 tsp (5 mL) lemon zest
- Canola oil cooking spray
- 2 ½ tbsp (40 mL) sugar
- ½ cup (125 mL) fat-free buttermilk
- 1 egg white
- ¼ tsp (2 mL) ground cinnamon

PREPARATION

Preheat oven to 400° F/200° C. Coat an 11 × 7-inch baking pan with canola oil cooking spray. Combine sugar, cornstarch, and water in a large non-reactive saucepan. Stir until cornstarch is completely dissolved, then stir in berries and pears. Bring to a boil over medium-high heat and boil 1 full minute. Remove from heat and stir in 1 tablespoon (15 mL) zest. Place fruit mixture in the baking pan. Combine flour, 2 tablespoons (30 mL) of the sugar, and baking powder in a medium bowl. Combine buttermilk, canola oil, egg white, and remaining 1 teaspoon (5 mL) zest in a small bowl. Add buttermilk mixture to flour mixture and stir until just blended. Spoon batter into eight small mounds on top of the filling. Mix remaining sugar with cinnamon and sprinkle on top of cobbler. Bake 20-25 minutes or until filling is bubbly and a wooden pick inserted into the topping comes out clean. Let stand 20 minutes to absorb flavors.

NUTRIENTS Per Serving

Calories: 165; Protein: 3 g; Fat: 4 g; Saturated Fat: 0.3 g; Carbohydrate: 31 g; Fiber: 4 g; Sodium: 70 mg. Fruit is an important part of a healthy diet— filled with vitamins and antioxidants, high in fibre, low in fat and calories.

PROVIDING OUTSTANDING CARE TO WINDSOR-ESSEX



Amber Perry
REGISTERED PRAC. NURSE
MENTAL HEALTH



Derrick Wigle
SUPERVISOR
GUEST SERVICES



Alaina Stella
REGISTERED NURSE
FAMILY BIRTHING



Josh Booth
CLINICAL PRAC. MANAGER
NEUROSURGERY



FOUNDATION NEWS

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

DREAMCLIMB FUNDRAISING EVENT FOR NEUROSCIENCES PROGRAM

DREAMCLIMB is a fundraising event that invites the community to assist the Windsor/Essex Hospitals Foundation and the Neurosciences Program by participating in a run/walk on Sunday, January 18, 2015 in the One Riverside Drive East building stairwell (13 floors).



The Neurosciences program at Windsor Regional Hospital is operated through the Department of Neurosciences which is made up of the subsections of Neurology and Neurosurgery.



REGISTRATION INFORMATION

- **INDIVIDUAL**
\$25 per person
- **KIDI CLIMB**
Parents free / 1 child \$25 / 2 more \$50
- **TEAMS**
\$25 per person

To find out more information or to register for the DREAMCLIMB, please visit www.dreamclimb.ca or contact David Lenz by phone at 519-254-5577 ext.32539 or by email at david.lenz@wrh.on.ca



HOLIDAY SOCIAL DECEMBER 16, 2014

2PM - 4PM / 11PM - 1:00AM
SANDWICHES • FRUIT • COFFEE & TEA

- ALL EMPLOYEES, PROFESSIONAL STAFF & VOLUNTEERS
MET CAMPUS (Auditorium Side B)
OUELLETTE CAMPUS (Essex Room)
MCDUGALL • TAYFOUR • LEAMINGTON



Windsor Radiologic Associates and
Neurosurgical Associates of Windsor-Essex

NEURO-ENDOVASULAR & NEURO-SURGICAL EDUCATIONAL ROUNDS & CASE STUDY

FACILITATED BY:
JACK SPIERS, M.D. FRCP(C)

MONDAY, NOVEMBER 17
COTTAM ROOM, OUELLETTE CAMPUS
4:00PM - 6:00PM



"THE THIN BLUE STACHE" WRH Security Department MOVEMBER CAMPAIGN

Ask a participating Security
Guard for details, OR
visit "www.movember.com"
for more details!!

Movember TEAM NAME
"The Thin Blue Stache"



Exploring the Future of Healthcare on TV Cogeco

Catch the launch of Windsor Regional Hospital's series 'Exploring the Future of Healthcare' tonight on TV Cogeco. WRH President and CEO, David Musyj, and Dave Cooke - Co-chairs of the steering committee overseeing the new hospital project - kick things off on Plugged IN with Melanie Deveau.

The broadcast airs:
Monday, Nov. 17 at 5:30 pm
Tuesday, Nov. 18 at 5 pm & 6:30 pm



Alcohol based hand rub should be provided for patients and visitors to reduce the risks of environmental contamination with respiratory viruses, gastrointestinal viruses and antibiotic-resistant organisms. Patients should be encouraged or assisted to perform hand hygiene after toileting, before leaving their room and prior to eating.

SAVE THE DATE



Windsor Regional Hospital, Hôpital-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.SAFETYSYMPOSIUM.ORG

The Crystal Ball Gala

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 22ND, 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

ALL MONEY RAISED SUPPORTS



CONTACT - LORRAINE GAGNON
lorraine@crystalballgala.com or 519-818-0641

SPONSORED BY:



SuperBowl Bowling

Grow On Challenge



Got your "Moe" pin?
\$1.⁰⁰ ea.



Kim Fralick

Contact Kim Fralick
Surgical Oncology Coordinator
Windsor Regional Hospital
519-254-5577 ext. 58620 / kim.fralick@wrh.on.ca

Moe Pins also sold at Met & Ouellette Campus Gift Shops

Moe Pin

all proceeds support the
Dr. Richard Boyd
Regional Comprehensive Men's Health Program



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

Stay up to date on news and upcoming events at www.facebook.com/windsorregionalhospital