



# 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  
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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:  
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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

## WRH WINS DIAMOND AWARD AGAIN

As a result of the recent Windsor/Essex Health Unit and 2014 Gord Smith Wellness Award, Windsor Regional Hospital maintained its top level of Diamond status due to the success of its Healthy Lifestyles initiatives. This is the third consecutive year that WRH has received the top level, Diamond Award.

The WRH Healthy Lifestyles program is designed to promote, educate and encourage staff to make and sustain healthier lifestyle choices with the goal of being a happier and healthier workplace.

Initiatives include the fitness/gyms at both sites, fitness and educational lunch and learns along with annual health fairs where, local businesses and community partners visit to encourage healthy activity and products to encourage healthy lifestyle options.



Photo above (left to right) Receiving the Diamond Award on behalf of Windsor Regional Hospital are: Michelle Kern, Nadia Heddad, Emily Quenneville, Christina Sandor and Melissa Simas. Others Healthy Lifestyle Committee members include Larua Carcelen, Larry Guitar, Denise Harpe, Linda McLean and Jennifer Pascoe.

## WINDSOR SPITFIRES MAKE A DIFFERENCE

Members of the Windsor Spitfires returned this season for the annual meet and greet with paediatric patients at the Met Campus recently.

Centerline Windsor is a major sponsor, providing Windsor Spitfire season tickets so that children receiving care at Windsor Regional Hospital have an opportunity to attend a game as special guests of the Spitfires. Windsor Spitfires is also a partner in the Windsor/Essex Hospitals Foundation 'Hats On For Healthcare' event each year.



[www.wrh.on.ca](http://www.wrh.on.ca)

# UPCOMING EVENTS

mark your calendars

**NOV 25** **Dedicated Years of Service Recognition**  
 Time: 5:30PM  
 Caboto Club of Windsor  
 2175 Parent Avenue, Windsor

**DEC 03** **Provincial Stroke Rounds Videoconference Intracerebral Hemorrhage**  
 Time: 8:00AM - 9:00AM  
 Windsor Regional Hospital  
 Ouellette Campus, Harrow Room  
 Met Campus, Admin Conference Room 1

**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

# stop and sanitize



**do your part to reduce the spread of infection**



## E-GREETINGS SPEAKS VOLUMES!

The E-greeting program at both campuses of Windsor Regional Hospital give families and friends an opportunity to submit a short message or greeting to patients in the hospital through the WRH website. The greeting is printed on seasonally decorated paper and personally delivered to patients Monday through Friday.

Volunteers, who deliver the greeting to the bedside state that patients are delighted and experience joy and happiness that they are delivering a greeting from someone who was thinking of the patient while they were in the hospital.

"When my two parents were provided with treatment at Windsor Regional Hospital, both received various E-greetings over time from family members, including grandchildren which provided a very positive experience for mom and dad," stated Linda Chakmak. "The family was spread across the United States; therefore, when receiving a message from afar, both my parents felt absolutely ecstatic and just the thought that the family was thinking of them helped in their healing process at the time." Linda's parents have both since passed away; however, she knows the messages mean so much to both of them up to the end.

The E-greetings are easy to send and much faster than conventional mail, giving the patient a current message of love, hope and support. The E-greeting program is another example of Outstanding Care – No Exceptions at Windsor Regional Hospital.

Written by: Noah Berthiaume

## MOROCCAN-STYLE CAULIFLOWER

Moroccan cooking often uses a trio of olive oil, lemon juice and cilantro to bring out the full flavor of vegetables. Easy to make, this cauliflower dish packs beneficial fiber, and the cancer-protective phytochemical, sulforaphane. Quick-steaming the cauliflower and garlic in broth with turmeric infuses a rich flavor and color. Research shows that the antioxidant actions of turmeric's yellow-orange pigment curcumin may help protect cells from free radicals that can damage cellular DNA.

### Moroccan-Style Cauliflower

- |  |                                   |
|--|-----------------------------------|
| 1/3 cup low-sodium vegetable/chicken broth | 4 cups cauliflower florets        |
| 2 medium cloves garlic, minced             | 1/4 tsp. powdered turmeric        |
| 2 Tbsp. extra virgin olive oil             | 1 Tbsp. fresh lemon juice         |
| Salt and freshly ground black pepper       | 1-2 Tbsp. finely chopped cilantro |

Pour broth in large skillet over medium-high heat. When broth begins to steam add cauliflower, garlic and turmeric. Stir to combine and cover. Cook cauliflower 4-5 minutes for al dente or 5-6 minutes for more tender.

Remove skillet from heat and transfer cauliflower mixture into medium bowl. Add oil, lemon juice and salt and pepper to taste. Gently toss to combine well. Sprinkle on cilantro and gently toss. Serve warm or at room temperature.



### Makes 4 servings.

**Per serving:** 101 calories, 7 g total fat (1 g saturated fat), 8 g carbohydrate, 3 g protein, 3 g dietary fiber, 167 mg sodium.

## PROVIDING OUTSTANDING CARE TO WINDSOR-ESSEX



**John Payne**  
 BUSINESS MANAGER  
 RETAIL PHARMACY



**Brandi Daudlin**  
 REGISTERED NURSE  
 NICU



**William Dawson**  
 REHAB ASSISTANT  
 PHYSIOTHERAPY



**Meiray Khoury**  
 REGISTERED NURSE  
 NEUROSURGERY

## PAYING IT FORWARD

Three young teens wanted to help children while in the hospital during a special day, Halloween. Knowing that a child may be in the hospital and not able to participate in the traditional 'trick or treating', they decided to support children by purchasing toys, activities and games and donating them to Paediatric Child Life Services.



Photo above  
Ayesha Najmi, Emma Isabella Clark and  
Nunguanze Petahpegoose

Kudos to these three young people for the act of generosity; Ayesha Najmi, Emma Isabella Clark and Nunguanze Petahpegoose for spending their own money to see that children receive a gift while in the hospital.

## A BIRTHDAY WITH A BANG

Thanks to another young donor whose 'paying -it-forward' act of kindness will assist children in the hospital during their stay.

Leah Casetta decided to ask family and friends to donate a gift in lieu of her receiving any for her 8<sup>th</sup> birthday recently. The result was a table full of toys, games and activities that she and her sister, Mya and brother, Adam delivered to Windsor Regional Hospital with mom's help.



Photo above  
Leah Casetta, Mya Casetta, Adam Casetta  
with Jennifer Burton Liang, Child Life Specialist and  
Ron Foster, Vice President of Public Affairs,  
Communications and Philanthropy

Child Life specialist, Jennifer Burton Liang stated, "Items like these go a long way to assist in reducing anxiety and fear in children who are with us to receive for a clinic visit or surgery procedure."

## 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)  
MCDOUGALL • TAYFOUR • LEAMINGTON



### MONIQUE DANELON

MHS, RD, Clinical Dietician, Ouellette  
Colorectal Cancer Screening Puzzle - WINNER

### NICOLE ZITER

Family Birthing, Met Campus  
E-Learn Contest - WINNER

### MAGDALINA NAKHLE

Lab, Ouellette Campus  
E-Learn Contest - WINNER



Due to potential transmission to patients, healthcare workers experiencing vomiting and/or diarrhea have a responsibility to declare this to the Employee Health, both when leaving work and prior to returning to work.



WINDSOR/ESSEX  
HOSPITALS  
FOUNDATION

**DREAM  
CLIMB** 2015  
ONE RIVERSIDE DRIVE WEST  
DOWNTOWN WINDSOR

**SUNDAY, JANUARY 18**  
ONE RIVERSIDE DRIVE WEST, DOWNTOWN WINDSOR  
- BENEFITING THE WINDSOR/ESSEX HOSPITALS FOUNDATION -  
DREAMCLIMB INVITES THE WINDSOR AND ESSEX COUNTY  
COMMUNITY TO TAKE PART IN A WALK OR RUN OF THE  
STAIRWELL (3 FLOORS) AT THE 1 RIVERSIDE DRIVE WEST  
BUILDING (CHRYSLER CANADA OFFICES)

MAKE A DIFFERENCE IN YOUR COMMUNITY AND REGISTER AT  
**dream** building better communities  
[WWW.DREAMCLIMB.CA](http://WWW.DREAMCLIMB.CA)



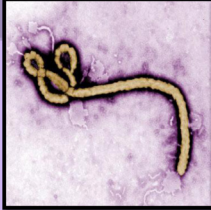
Sigma Theta Tau International - Tau Upsilon Presents:

# EBOLA VIRUS:

An Overview of the Disease and Preparedness  
Activities at Windsor Regional Hospital

GUEST SPEAKERS: **KAREN RIDDELL**, BScN, MBA, RN

**ERIKA VITALE**, MPH, B.Sc., MLT, CIC



**WHEN: Thursday November 27, 2014**

**TIME: 6:00pm - 7:30pm**

**WHERE: University of Windsor**  
Toldo Education Centre - Room 102

**COST: A Donation to the Canadian Red Cross towards Ebola Relief Efforts**

A certificate of attendance will be provided to you on behalf of STTI - Tau Upsilon.

**HOPE TO SEE YOU THERE!**

# Grow On Challenge



Got your "Moe" pin?  
\$1.<sup>00</sup> 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*

Windsor Essex County  
Cancer Centre Foundation



# 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

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:

Last date to buy tickets is November 21

Met Ext: 52330 / Ouellette Ext: 33023

Tickets will not be available at the door

Stay up to date on news and upcoming events at [www.facebook.com/windsorregionalhospital](http://www.facebook.com/windsorregionalhospital)