



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

Dedicated Years of Service Awards

The annual Dedicated Years of Service Awards Banquet was held on November 25, honoring and recognizing a total of 836 individuals for their years of committed service to WRH.

The beautifully decorated room saw approximately 400 available to attend and be recognized by name within categories of 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55 and 60 years of service. That equates to 12,510 total years of service. Retirees were recognized as well. Congratulations to all of the individuals achieving their personal milestones this year!

The 2014 Legend Awards went to Laurie Casagrande (Diagnostic Imaging), Jim Cross (Payroll), Monica Staley (Patient Representative /Legal Affairs) and LouAnn McBrayne (Radiation Therapy). The 2014 Rookie Awards were captured by Dawn Field (Pharmacy) and Stephanie Cooper (Medicine Program).

Sharon Morris, Director of Labour Relations and Human Resources was Master of Ceremonies assisted by Board Members and Executive Committee members.

The 2014 Dedicated Years of Service Committee are thanked for their work who include Laura Carcelen, Nadine Francis, Denise Harpe, Michelle Kern, David Lenz, Erin Link, Sonja Schollenberger, Melissa Simas, Renee Sperduti and Dawn Sutherland.



Photo above (left to right) Legend Award Nominees - Helga Schollenberger, Monica Staley, Jim Cross, LouAnn McBrayne, Jane Rehman, Debbie Gamon, Janet Davis and Laurie Casagrande. Missing from photo - Debbie Andrews, Colleen Reaume, Theresa Rivard, Gizella Maheux and Samantha Menard.



Photo above (left to right) Rookie Award Nominees - Dawn Field, Brooke Meloche, Tyler Montcalm, Stephanie Cooper, Daniel Mensah and Kaitlyn Nicoletti. Missing from photo - Shukri Mohamed, Alex Jean and Diana Sarkis.



Photo above David Musyj, President and CEO of Windsor Regional Hospital addresses the crowd at the awards ceremony

UPCOMING EVENTS

mark your calendars

- DEC 10** **Ebola Training / PPE Training**
Time: 11:00AM - 12:30PM
Windsor Regional Hospital
Met Campus, Auditorium Side A
- DEC 10** **Just Clean Your Hands Training**
Time: 1:00PM - 2:30PM
Windsor Regional Hospital
Met Campus, Auditorium Side B
- DEC 11** **Windsor Regional Skating Night**
Time: 5:30PM - 7:30PM
WFCU Centre, 8787 McHugh Street
- DEC 16** **Windsor Regional Holiday Social**
Time: 2:00PM - 4:00PM / 11PM - 1:00AM
Windsor Regional Hospital (Both Campuses)
- 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**
Time: All day event
Throughout Windsor-Essex community
Windsor Regional Hospital, Met & Ouellette

Got an event to promote to staff?
Send it to us today!



"HATS ON" FOR HEALTHCARE

2015 CAMPAIGN SUPPORTING THE WINDSOR/ESSEX HOSPITALS FOUNDATION
WEDNESDAY, FEBRUARY 11, 2015

Participating in the Hats On For Healthcare Day is a great way for you to support the Windsor/Essex Hospitals Foundation, and show the community that your company or organization cares about healthcare in the Windsor-Essex community.
On February 11, 2015, participating organizations, companies, employees and individuals, are invited to put on their hats, make a \$2 donation and take part in entertaining activities to help raise much needed funds for the Renal Program of the hospital.

Make a difference for local healthcare and register today!
www.hatsonforhealthcare.com

This Week in Healthy Eating

Pumpkin Cranberry Muffin Squares

Makes: 15 squares Prep Time: 15 minutes/Cook Time: 35 min.



Ingredients

- | | |
|------------------------------|-------------------------------------|
| all-purpose flour - 2 cups | Salt - 1/2 tsp |
| baking powder - 2-1/2 tsp | baking soda - 1/2 tsp |
| pumpkin pie spice - 1 tbsp | chopped fresh Cranberries - 3/4 cup |
| chopped walnuts - 1/2 cup | 1 egg |
| packed brown sugar - 2/3 cup | orange juice - 1/2 cup |
| Milk - 1/2 cup | vegetable oil - 1/4 cup |
| grated orange rind - 1 tbsp | Cooked Pumpkin purée - 3/4 cup |

Topping:

- | | |
|-----------------------------|----------------------------|
| granulated sugar - 3/4 cup | all-purpose flour - 2 tbsp |
| pumpkin pie spice - 1/2 tsp | butter, softened - 1 tbsp |

Preparation

Topping: In bowl, combine sugar, flour, pumpkin pie spice and butter; set aside. In large bowl stir together flour, pumpkin pie spice, baking powder, baking soda and salt; stir in cranberries and walnuts. In separate bowl, beat egg; mix in brown sugar, orange juice, milk, oil and orange rind. Blend in pumpkin purée. Pour over flour mixture and stir just until moistened. Spoon into greased 8-inch (2 L) square cake pan. Sprinkle with topping. Bake in 375°F (190°C) oven for 35 to 40 minutes or until cake tester inserted in centre comes out clean. Run knife around edges to loosen. Turn out onto wire rack and let cool. Cut into squares. **NUTRIENTS Per Serving:** per 1 square: 224 Calories, 37g Carbohydrate, 1g Fibre, 3g Protein, 8g Fat. **Weight Watchers PointsPlus = 6 Weight Watchers Points = 5**

The Flu Update

The flu is an illness triggered by a virus, which causes people to experience many different symptoms, most commonly: fever, muscle aches and fatigue. Between 10 -20% of the population will get the flu each year with symptoms usually starting 1-4 days after exposure to the virus, which can last for approximately 2-10 days .

The flu shot is a vaccine that contains an inactive dose of the flu virus, which contrary to popular belief cannot actually infect the person receiving the vaccine. The inactive virus is not the same as a live flu virus, nor can it turn into the flu virus. The purpose of the vaccine is to prompt your body to build up defenses that are necessary to protect itself and become more resistant to the flu virus. The vaccine protects your body for approximately one full year against the top three strains circulating for that flu season. Every year Ontario's flu shot program prevents at least: 300 deaths, 1000 hospitalizations, 30 000 visits to the ER, and 200 000 visits to a doctor's office.

This year at WRH, flu shot participation is up 10% from last year with the total amount of about 1800 people receiving the vaccine. Short flu clinics going floor-to-floor as well as in the cafeterias at both campuses yielded an additional 104 people in a one week span. There was also approximately 100 staff and family members that attended the hospitals' clinics. The increase in vaccine recipients was apparent at both campuses and is still expected to grow. This year flu shots will be available through March 2015 via the Pharmacy at Ouellette campus.

PROVIDING OUTSTANDING CARE TO WINDSOR-ESSEX



Ian Taylor
REGISTERED TECH
CAT SCAN



Sandra Pillon
PAHARMACY TECHNICIAN
PHARMACY



Mahmoud Younes
REGISTERED NURSE
OPERATING ROOM



Angela Trepanier
REGISTERED NURSE
EMERGENCY

Congratulations To Our President & CEO

The Essex County Medical Society, during their Annual General Meeting held on December 3 at St. Clair Centre for the Arts, presented David Musyj with a Community Service Award and ECMS Honorary Life Membership.

Presenting the award, Dr. Jowan Perry stated, "Under David's leadership, the Windsor Regional Hospital vision of Outstanding Care - No Exceptions is a living and breathing vision that inspires the entire team at the hospital. He believes the engine of Windsor Regional Hospital is its staff and he is committed to working with them to create a healthy, motivating and rewarding workplace."

Photo right (left to right)
Dr. Jowan Perry from the Essex County Medical Society presenting the "Community Service Award" and ECMS Honorary Membership Award to David Musyj, President and CEO of Windsor Regional Hospital.



Shadow Your Fellow Employee

Windsor Regional Hospital is launching a new program called the Shadowing Fellow Employees Matching Program. The concept is to see how someone in a similar or identical role does his or her job. As part of the Standardization & Optimization Process, some team members have already had the chance to experienced life at each other's campus and see "how things are done." This experience has been met with great appreciation as it helps with the understanding of our journey to achieve collective best practices.

The shadowing experience will last 4 hours and the employee shadowing will not be giving any direct patient care.

If you are interested in shadowing a fellow employee from your department or who works in a similar role or host an employee to shadow you at your location, you can apply online at www.wrhemployeesmatchingprogram.ca

One Make A Difference! Donate Food Items For Those In Need

Working at Windsor Regional Hospital means we are dedicated to helping thousands of patients through their illnesses and injuries, and help them stay healthy in their recovery.

This holiday season, we at Windsor Regional Hospital and the Downtown Mission are working together to try to keep those in need fed and healthy through a new campaign called "One CAN Make a Difference."

Until Monday, Dec. 15th, Windsor Regional Hospital will be collecting non-perishable food items to help the Downtown Mission get food to families and individuals in need.

Simply drop off your item in the designated bins at the WE Care Pharmacy at Ouellette campus or the Welcome Desk in the lower lobby of Met campus.

On average the Downtown Mission (DTM) serves over 220 meals per day. The Downtown Mission is dedicated to helping our vulnerable, homeless and low-income individuals and families stay fed, serving some 140,000 meals every year.



In order to rule out tuberculosis, 3 sputum specimens are required.

One specimen should be first morning.

 **WINDSOR REGIONAL HOSPITAL**
OUTSTANDING CARE - NO EXCEPTIONS!

ONE CAN
MAKE A DIFFERENCE
FOOD DRIVE CAMPAIGN
SUPPORTING THE DOWNTOWN MISSION

DECEMBER 1 - 15, 2014



CAN GOODS • BOXED FOOD ITEMS • COATS • GLOVES

DONATION WILL BE ACCEPTED AT THE FOLLOWING DROP OFF LOCATIONS
MONDAY - FRIDAY: 9:00AM - 5:00PM

OUELLETTE CAMPUS - WE CARE PHARMACY (GOYEAU ENTRANCE)
MET CAMPUS - WELCOME DESK (MAIN ENTRANCE)

Free Skate!

Thursday, December 11th
5:30pm to 7:30pm
WFCU Centre Main Bowl
8787 McHugh Street



In appreciation of your dedication, employees, professional staff, volunteers and their families are welcome to attend a **FREE WRH Skating Night at the WFCU Centre.**

Hot chocolate will be provided.

We ask that each person who attends please bring a canned good to support our local food banks.

Guests can enter through the Community Rink doors.

Please note that skates are not provided and parking is complementary.



**Subject to cancellation based on WFCU policy*



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



FIND OUR MORE AT

WWW.WINDSORHOSPITALS.CA

OUR VISION

A state-of-the-art hospital built to the highest standards, with capacity to serve this community for generations to come.

One Site

A New Single-Site Acute Care Hospital is at the hub of patient-centred, quality healthcare that is delivered by a team focused on the family and patient experience

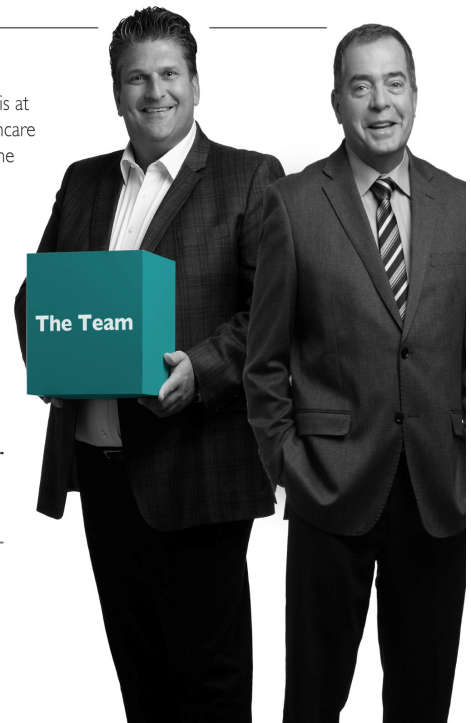
One Focus

Building a foundation for the future with patients and families at the heart of the New Single-Site Acute Care Hospital.

One Community

Built with input and support from the community; serving people individually and our region collectively. Defining our healthcare. Building on our strengths.

A NEW STATE-OF-THE-ART HOSPITAL RIGHT HERE IN WINDSOR-ESSEX.



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

SUNDAY, JANUARY 18

ONE RIVERSIDE DRIVE WEST
DOWNTOWN WINDSOR

REGISTRATION: \$25

CALL 519-973-4433

DREAMCLIMB INVITES THE WINDSOR AND ESSEX COUNTY COMMUNITY TO TAKE PART IN A WALK OR RUN OF THE STAIRWELL (13 FLOORS) AT THE 1 RIVERSIDE DRIVE WEST BUILDING (CHRYSLER CANADA OFFICES)

MAKE A DIFFERENCE AND REGISTER TODAY

WWW.DREAMCLIMB.CA