

# Frontline Tribune

Some people dream of great accomplishments, while others stay awake and do them. ~ Anonymous



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## OLYMPIC MEDALIST, CLARA HUGHES COMING TO WINDSOR

If you were watching the 2014 Winter Olympics taking place in Sochi, Russia over the last two weeks, you may have seen Clara Hughes, a six time summer and winter Olympic medalist providing commentary as part of CBC TV's coverage.

Clara Hughes will be visiting Windsor on March 17, 2014 as part of Bell 'Let's Talk' campaign, where she will be a guest speaker at the Ciociaro Club at 6:30 p.m. The same competitive spirit that led Clara to the podium six times at past summer and winter Olympic Games has the renowned Canadian athlete taking on a new challenge, breaking the stigma associated with mental illness.

Windsor Regional Hospital, along with the Canadian Mental Health Association, Greater Windsor Essex County District School Board, Hôtel Dieu Grace Healthcare and, Loaring Physiotherapy host Clara Hughes visit to Windsor.

Clara is a six-time Olympic medalist in cycling and speed skating and is the only athlete in history to win multiple medals in both Summer and Winter Olympic Games. As national spokesperson for Bell Canada's 'Let's Talk' campaign, she is actually leading annual bike rides across the country to raise awareness about mental health. She will share her past struggles with depression, discuss her road to recovery and raise awareness about mental illness.

Tickets are \$25 (adult) and \$10 (students) for the March 17 event at the Ciociaro Club and are available by calling Danielle at the Ouellette Campus at 519-973-4411 ext. 32539 or email [danielle.ramsten@wrh.on.ca](mailto:danielle.ramsten@wrh.on.ca)

Tickets are also available at the Canadian Mental Health Association, 1400 Windsor Avenue; Loaring Physiotherapy, 13126 Tecumseh Rd E.; Hôtel-Dieu Grace Healthcare, 1453 Prince Rd; or the Greater Windsor Essex County District School Board, 451 Park St. W.

## IN HER SHOES with CLARA HUGHES



Monday March 17th, 2014  
Doors Open 6:15pm  
Ciociaro Club Room D & E  
(3745 N Talbot Rd.)

Clara Hughes, six-time summer and winter Olympic medalist, is speaking about mental health and her own recovery at 7:15pm. Hughes will be sharing her past struggles with depression in an effort to help break down the stigma associated with mental illness.

Tickets cost \$25 for adults and \$10 for students.

Light Hors D'oeuvres • Cash Bar

For tickets and full details please contact Danielle at (519)973-4411 ext. 32539 or email at [danielle.ramsten@wrh.on.ca](mailto:danielle.ramsten@wrh.on.ca)



Canadian Mental Health Association  
Windsor-Essex County  
Mental Health for all



Hôtel-Dieu Grace  
Healthcare



LOARING  
PHYSIOTHERAPY  
311 Park St. W.



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(at North Talbot Rd)

Tecumseh  
519-979-9759  
1695 Manning Road  
(behind A & W)



www.originalpizza.ca



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**Clean hands save lives.**



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3RD ANNUAL

# Healing to the Beat

An evening of fabulous music to benefit the Oncology Unit at Windsor Regional Hospital

**SATURDAY APRIL 19TH 2014**

FOGOLAR FURLAN CLUB | 1800 North Service Road (E.C. Row)



## CARING FOR SELF IN A CARING PROFESSION



### Workshop Details

**Feature Speaker:** Rita DiBiase <sup>MSN, RN(BC), AOCNS, CHPCN(C)</sup>

**Date:** Thursday February 27, 2014

**Time:** 5:30pm – 7:30pm

**Location:** Ojibway Nature Centre - 5200 Matchette Rd.

RNAO Members & Students \$5

Non-Members \$10

Funds collected at the door ~ healthy dinner included

RSVP before Monday February 24 to

[windsorsexmao@gmail.com](mailto:windsorsexmao@gmail.com)

[Please indicate if you have any food sensitivities or allergies]



As nurses give of themselves in their work, they may not realize the toll it takes on them. This interactive workshop will provide nurses with knowledge and coping skills to guard against burnout. Perspectives will be shared allowing participants to reflect on rewards gained and the powerful impact they have on those whose lives they touch.

## MARCH IS PHARMACY AWARENESS MONTH

Windsor Regional Hospital's Pharmacy Department has over 60 technicians and 40 pharmacists working to deliver quality and timely drug preparations to patients. This includes providing clinical services such as antimicrobial and renal dosing, anticoagulation services, drug monitoring and side-effect monitoring and management.

The Pharmacy Department, as one, works together with the nursing, allied health and medical teams to optimize patient care through effective drug therapy.

The Pharmacy service is a small but devoted profession, and excited to showcase its knowledge and celebrate its evolving role of the pharmacy team in healthcare.



In recognition and to display some of the expertise provided by Pharmacy, lunchtime education sessions (featuring coffee and desserts) will be available to all staff during the week of March 17. Presentations will take place during the two nursing lunch breaks on Monday, March 17; Wednesday, March 19 and Friday, March 21. Stay tuned for the location at each campus for the lunchtime education sessions.

Topics will include: anticoagulation, bugs and drugs/antimicrobials, fluid and electrolyte monitoring with a brief discussion of drugs that affect electrolyte balance. The Pharmacy team look forward to answering any questions related to the topics aforementioned or any other medication-related topics that staff may have.

As most of you are aware, WRH has partnered with the Public Service Health & Safety Association and received a 100% grant to gather individual perceptions from our workforce at all levels of the organizations regarding our health and safety culture. In light of the changes that occurred as a result of the realignment and our need to standardize operations heading towards a new state of the art acute care facility, we are asking for your cooperation by participating in this 10 minute survey.

<http://survey.constantcontact.com/survey/a07e8xl0ershrm4kixp/start>

COMPASSION is our  
PASSION

## DID YOU KNOW?

February is Black History Month. An orphanage and school for black children who had migrated to Windsor from the southern United States was located on the grounds of then-Hotel Dieu Hospital in 1890. A plaque and bench commemorating this significant part of Windsor's history was unveiled last fall.

Frontline Tribune is a Publication of the Public Affairs/Communications Department of Windsor Regional Hospital. Information/submissions can be made to [frontlinetribune@wrh.on.ca](mailto:frontlinetribune@wrh.on.ca) or by calling ext 33350 (Ouellette Campus) or call ext 52003 (Metropolitan Campus). Staff pictures on the front are: 1) Alan Holmes- Volunteer; 2) Pat Slavik - Chaplain; 3) Fae Gillispie - Met Auxilliary; 4) Daniella Dickens - O.R.