



FRONTLINE TRIBUNE

JANUARY 5, 2015

VOLUME 2 / EDITION 1



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

PAGE 1 - WRH STAFF DEMONSTRATE
COMPASSION FOR COMMUNITY

PAGE 2 - AN UPDATE FROM SOP
- RENEW: A LIFE AFTER CANCER
EDUCATIONAL SERIES

PAGE 3 - KEEPING YOUR NEW YEAR'S
RESOLUTION FOR GOOD
- LITTLE HANDS MAKE A DIFFERENCE

PAGE 4 - 2015 DREAMCLIMB
STEP UP YOUR GAME AND
REGISTER TODAY!

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

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

David Lenz
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

www.wrh.on.ca

Windsor Regional Hospital Staff Demonstrate Compassion For Community

WRH set out on a mission this holiday season to help stock
the Downtown Mission's cupboards this holiday season – and
delivered by collecting more than 3,500 food items!

The food items, as well as cash donations and winter
clothing, were collected between Dec. 1st and Dec. 23rd for
the "One CAN Make a Difference" campaign. The result was
an outstanding contribution to a local organization which
receives no government funding in its goal of feeding and
providing support services to homeless and low-income
individuals and families in Windsor.

Ron Dunn, director of development and community relations
for the Mission, expressed his gratitude for the donations,
saying "staff at both campuses raised a lot of food, clothing
and money for us this season. Those that I serve appreciate it
more than we could ever express."

Congratulations to our staff for partnering with the Downtown Mission to support hungry individuals
and families in our community.

On top of the corporate drive for the Mission, a host of other local organizations – including
Children's Aid Society, Drouillard Place, Hiatus House, The Salvation Army, Street Help and the
Unemployed Help Centre – were recipients of WRH generosity through various campaigns rolled out
in different departments and units across both campuses. Stories on many of the contributions were
recognized under our "Compassion for Community" initiative and can be found on our internet site
at www.wrh.on.ca (look for the "Compassion for Community" link in the "Of Current Interest"
section of the homepage.



PHOTO ABOVE
Ron Dunn, Director of Development for the Downtown
Mission and Steve Erwin, Manager of Communications
for Windsor Regional Hospital unload food and clothing
at the Downtown Mission.



UPCOMING EVENTS

mark your calendars

JAN 18 The DREAM KLIMB
Time: All day event
Chrysler Building
One Riverside Drive West, Windsor

JAN 31 Transition To Betterness Goes Punk Gala
Ciociaro Club of Windsor
3475 North Talbot Road, Windsor

FEB 07 In Honour Of The Ones We Love Gala
Time: 6:00pm
Ciociaro Club of Windsor
3475 North Service Road, Windsor

FEB 11 Hats On For Healthcare
Time: All day event
Throughout Windsor-Essex community
Windsor Regional Hospital, Met & Ouellette

An Update From The SOP Team



As we begin a new year, we are starting to see some great progress in each of the SOP projects. We thought we would share some of those highlights.

Standardization & Optimization Process

Cath Lab: A big success in the Cath Lab since the start of the project is the creation of an updated referral package to the referring physician's office so that complete referrals are submitted for the patients. The new scheduling grid is being populated and will begin use in the first week in January.

OR Scheduling: Pre-surgical Screening (PSS) had a mini mapping session to identify some additional opportunities as related to the main project. This session allowed the team to identify opportunities to eliminate some of the unnecessary printing and other inefficiencies the group can work on improving.

Visits have been made to the Ortho Surgeon's offices and will continue over the next couple of weeks to find opportunities that will lead to improvements in the booking process and total knee replacement wait times.

Med / Fluids: A common future state medication administration process has been developed by frontline care providers. To enable this standard process, common armbands for both campuses are being sourced to eliminate the missing or illegible band issue which is a barrier to performing two patient identifiers. A future state education video has been filmed for use in an E-Learn being developed.

MRI: Things are changing in the way MRIs are conducted at WRH. After just over a month with the SOP project, patients waiting for common knee scans can already expect reduced wait times and standardized procedures. This success paves the way for other protocols to be standardized between campuses. It also means an additional 8 scans can be performed every week - that's 400 additional scans every year!

For more information, please visit www.wrhsop.ca



Sante

A TOAST TO YOUR HEALTH

A SAMPLING OF LOCAL FLAVOUR & LOCAL WINE

THURSDAY, MAY 14, 2015
7:00PM
CIOCARIO CLUB OF WINDSOR

www.wrhsante.ca

PROCEEDS BENEFIT THE WINDSOR-ESSEX HOSPITALS FOUNDATION



RENEW
resources | education | nutrition | exercise | wellness

To register, please call

519-254-5577 x 52800
or renew@wrh.on.ca



A Life After Cancer Educational Series

All classes take place at Windsor Regional Hospital, Met Campus Auditorium. These classes are FREE to attend and family members are welcome.

All classes are on Thursdays from 6 - 7:30 pm

Part I : Surviving, Now What?
Winter Series: January 29, 2015
Spring Series: April 9, 2015

- Moving to life after treatment.
- Dealing with effects of treatment.
- Returning to emotional & sexual health.
- Preventing recurrence or new cancers.

Part II : Eating for a Healthy
Winter Series: February 12, 2015
Spring Series: April 16, 2015

- Dealing with effects of treatment on your eating.
- Myths about food and cancer.
- Benefits of nutrition and healthy eating.
- Foods that make a difference.

Part III : Be Active, Be Healthy
Winter Series: February 19, 2015
Spring Series: April 23, 2015

- Getting back to active life.
- Feel good from fitness.
- Activity & exercise for people after cancer.

Part IV : Cancer & Your Family Tree
Winter Series: February 26, 2015
Spring Series: April 30, 2015

- Cancer and my family.
- Benefits of Genetic Counselling.
- Your family tree and what it says about cancer.



MAKE A DIFFERENCE IN WINDSOR-ESSEX

SUPPORT THE RENAL PROGRAM

SUPPORT LOCAL HEALTH CARE

I SUPPORT HATS ON FOR HEALTHCARE

"HATS ON" FOR HEALTHCARE

WEDNESDAY, FEBRUARY 11, 2015

2015 CAMPAIGN SUPPORTING THE WINDSOR/ESSEX HOSPITALS FOUNDATION

Hats On For Healthcare Day is a fundraising initiative in its 6th year supporting the Windsor/Essex Hospitals Foundation and it services that it provides to the residents of the Windsor-Essex region. Individuals, organizations and companies can either participate by having their staff fundraise, sponsor the event or both.

Participating individuals, organizations, companies, together with their employees, members and clients are invited to put on their unique and creative head attire, make a \$2.00 donation and take part in the many entertaining activities to help raise funds for the Windsor/Essex Hospitals Foundation, more specifically the Renal Program provided throughout the Windsor-Essex community.

Participating in the 2015 "Hats On For Healthcare" is a great way for you or your company/organization to support the Windsor/Essex Hospitals Foundation and show the community that you or your company or organization and employees care about healthcare in your community.

For more information, please contact us at 519-973-4433 or fax to 519-973-5880
Register today at www.hatsonforhealthcare.com

PROVIDING OUTSTANDING CARE TO WINDSOR-ESSEX



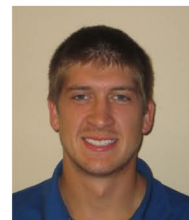
Joyelle Sorgian
REGISTERED NURSE
CRITICAL CARE



Robert Gilmore
DECISION ANALYST
DECISION SUPPORT



Randi St. Onge
ADMITTING CLERK
INPATIENT REGISTRATION



Evan Mascaro
REGISTERED NURSE
ONCOLOGY

Keeping Your New Year's Resolutions For Good

Despite our best efforts, it can be hard to keep those New Year's resolutions. We often set our goals just a bit too high. When we don't meet them, we may give up. Follow these three strategies to help you stick to the new changes in your life.

Make your goals measurable - Don't just say you want to lose weight or eat healthier. Instead, make your goals something that you can measure. Set your goals with a number and timeframe. For example, "I will eat an extra vegetable for dinner every evening" or "Everyday for lunch this week I will choose water over pop." When you set measurable goals it becomes easier to monitor your progress. As a bonus, you'll also know when you've met your goals, which will keep you motivated!

Keep it small and simple - Small steps and simple changes are easiest to achieve and will make a big difference as you move towards a healthier lifestyle. If you're looking to become more active, it's easier to start by trying to take the stairs once a day than to spend an hour at the gym every night. If you're trying to cut down on fat, you're more likely to stick with a switch from homogenized milk to 2% milk than going all the way to skim milk. Even small changes like these can help you maintain or lose weight over the course of the year.

Get support - Get the support of family and friends when it comes to meeting your goals. When you tell others what your resolutions are, they can offer encouragement and help you get over any stumbling blocks. A friend can be an exercise buddy or someone to cook a healthy meal with. You may also feel more motivated to keep your resolutions because you'll want to show others that you've had some success.

Set and track your goals with an app like EaTracker! - EaTracker is a free online tool created by Dietitians of Canada that makes it easy for you to track your eating habits and physical activity. It also has a My Goals tool to help you set and reach your goals.

With the My Goals Tool you can: Choose from a list of ready-made goals or write one yourself. Get weekly emails from EatRight Ontario with tips and motivational messages! Log in weekly to track your progress. Get support with your goals by talking to the dietitians at EatRight Ontario at 1-877-510-510-2. For more information on healthy eating, visit: www.dietitians.ca or www.eatrightontario.ca



FOUNDATION NEWS

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

Little Hands Make A Big Difference

Little Hands Kids For A Cause is an organization of volunteers who assist children with life threatening illnesses. What is different is that the parent volunteers mentor their children to lead the way and make decisions on fundraising events and where to donate the funds.

Spearheaded by Leigh Ann Mastronardi and Sarah Guenther, Little Hands began last summer with a mission to assist through fundraising on behalf of families in Windsor and Essex County whose child is threatened with a life-altering illness.



Photo above
Little Hands Kids For A Cause making their generous donation to the Paediatric Child Life program at Windsor Regional Hospital on December 19, 2014

Leading the way, the young volunteers hosted lemonade stands, yard sales, toy drives, loonie drives and more. In a short time, they have donated a van load of toys to London Health Science Paediatric Child Life and more recently, delivered a car load of toys, games, stuffed animals and more to Windsor Regional Hospital's Paediatric Child Life Services.

Little Hands Kids For A Cause volunteers believes that if a child sees that they can make a difference by 'paying it forward', it will instill lifelong philanthropy within them to do so the rest of their lives! Visit www.littlehandskidsforacause.com for more information.

WRH HEALTHY LIFESTYLES FITNESS PROGRAMS 2015 WINTER SEASON

YOGA - MET (January 5 - April 29)
Monday & Wednesdays: 12:00pm - 12:30pm

YOGA - OUELLETTE (January 6 - April 23)
Tuesdays & Thursdays: 12:00pm - 12:30pm

PILATES - MET (January 6 - April 24)
Tues, Thurs & Fri: 12:00pm - 12:30pm

PILATES - OUELLETTE (January 5 - April 17)
Mon, Wed & Fri: 12:00pm - 12:30pm

[Register at the Healthy Lifestyles Website](#)



The presence of
**microorganisms alone on
objects and items in the
health care environment is
not sufficient to
demonstrate that they
contribute to infection.**

Greg Monforton
AND PARTNERS
INJURY LAWYERS

FUNDRAISING EVENT TO BENEFIT THE:



WINDSOR/ESSEX
HOSPITALS
FOUNDATION

EVENT BUILDING SPONSORED BY:



STEP UP YOUR GAME! REGISTRATION: \$25.00

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

DREAM CLIMB 2015

SUNDAY, JANUARY 18, 2015

ONE RIVERSIDE DRIVE WEST BUILDING • DOWNTOWN WINDSOR

The DREAMCLIMB is a fundraising event where participants climb the stairs of the One Riverside Drive West building while raising much needed funds for the Windsor/Essex Hospitals Foundation benefiting the Neurosciences Program.



Medtronic



DR. DANTE MORASSUTTI MEDICINE PROFESSIONAL CORPORATION



cutting through complexity

To register or donate, call 519-973-4433 or www.dreamclimb.ca