



# 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

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

## Young Mom's Story Highlights World Kidney Day

Discovering she was in need of critical kidney dialysis treatments was difficult enough for Heather St. Pierre to hear. Knowing she required daily life-saving treatments while pregnant made the experience even more frightening.

Many pregnant mothers risk losing their baby when kidneys are at risk of failure. After much work by a multi-disciplinary team, Heather made it through the most critical phase of her dialysis treatments, gave birth to a healthy baby and is now trained and able to receive dialysis treatments at home, instead of having to make regular trips to the hospital.



Heather shared her story at the Ouellette campus last Thursday to mark "World Kidney Day," which highlights the importance of kidney health. Displays were also set up at both campuses to highlight for staff the WRH renal dialysis program, which includes two satellite locations in addition to the Ouellette unit and a growing home dialysis program.

"There are still lots of challenges with being on dialysis," Heather says. "But the home treatment has really helped improve my life."

Patient volume in WRH's Renal Dialysis program has increased 45 per cent in the last five years - a striking statistic that underlines the need to raise community awareness about kidney health.

Nephrologist Dr. Amit Bagga calls the kidney "the most important organ in the body," dubbing it a "magic" filter that moderates fluids, regulates hormones and removes toxins.

"You never really know what it's doing, even when it's working well. And when it's not working well, and it can kill you — you also don't know," Dr. Bagga said.

Erika Muscat of the Kidney Foundation of Canada's Windsor & District Chapter, which partnered with WRH for the Ouellette event, said it is important to keep in mind that diabetes and high blood pressure are key factors for Chronic Kidney Disease (CKD), and that proper screening can detect and reduce the risk of CKD. If detected early, CKD can be treated – thereby reducing other complications and dramatically reducing the growing burden of deaths and disability from chronic renal and cardiovascular disease.

# UPCOMING EVENTS

mark your calendars

- MAR 17** **Blood Pressure Screening Clinic**  
Time: 12:00pm - 3:00pm  
Vendor Hallway, Met Campus  
Windsor Regional Hospital
- APR 08** **Hand Hygiene Audit Training**  
Time: 1:00pm - 2:30pm  
Auditorium Side A, Met Campus  
Windsor Regional Hospital
- APR 21** **Blood Pressure Screening Clinic**  
Time: 12:00pm - 3:00pm  
Vendor Hallway, Ouellette Campus  
Windsor Regional Hospital
- MAY 13** **Hand Hygiene Audit Training**  
Time: 1:00pm - 2:30pm  
Maidstone Room, Ouellette Campus  
Windsor Regional Hospital
- MAY 14** **Sante: A Toast To Your Health**  
Time: 7:00pm  
Ciociaro Club of Windsor  
3475 North Service Road, Windsor
- MAY 28** **WRH Charity Golf Tournament**  
Time: 11:00am  
Essex Golf & Country Club  
7555 Matchette Road, LaSalle, Ontario



## Do you know an Outstanding Nurse in Windsor & Essex County?

Nominate a nurse in 500 words or less explaining how their care impacted a life.  
[www.windsor-essexrnao.org](http://www.windsor-essexrnao.org)

Nominations are accepted until April 11th for **TVCOGECO** The 8th Annual Lois Fairley Nursing Award. Truly local television



Clean your hands immediately before performing any aseptic procedure and before putting on gloves. This protects the patient against microorganisms (including the patient's own organisms), from entering his/her body. Examples include providing oral/dental care, giving eye drops, aspirating secretions, changing wound dressings, giving injections, inserting catheters, opening a vascular access system or a draining system, preparing medications or dressing sets.

## National Dietitians Day - March 18, 2015

Once a year, a special day is dedicated to all dietitians across Canada. It celebrates dietitians as health care professionals, committed to using their specialized knowledge and skills in food and nutrition to improve the health of Canadians.

March 18, 2015 marks the sixth anniversary of Dietitians Day. It spotlights the profession and reminds us that dietitians are the smart choice for advice on proper eating, good nutrition and healthy living.

### Dietitians...The smart choice for advice on healthy eating

- Dietitians are ONE OF A KIND; they have the distinct ability to translate the complex science of nutrition into practical solutions for you on healthy eating and disease prevention and treatment.
- Dietitians are UNIQUELY TRAINED to advise you on food, healthy eating and nutrition. They have a degree in food and nutrition, from an accredited university.
- Dietitians must be MEMBERS OF A PROVINCIAL REGULATORY BODY in order to practice. This ensures the public that they are receiving nutrition advice from a qualified professional.
- Dietitians WORK WHERE YOU LIVE, WORK AND PLAY – in health departments, hospitals, health/wellness centre's, food companies and universities, etc.
- For good reason, when it comes to food and nutrition advice, Canadians TRUST dietitians most.

### Why should I consult a dietitian?

Dietitians translate scientific research into practical solutions. They work with you to help you feel your best.

### Dietitians can provide:

- Tips and healthy recipes to help you plan, shop for and cook healthy meals for your family;
- Information to help you interpret food labels, the latest food trends and diets
- Support to improve your relationship with food;
- Customized meal plans to help you:
  - manage your weight, food allergies and intolerances or digestive issues
  - get the most from your workouts;
  - prevent and manage chronic diseases like diabetes, heart disease, high blood pressure, cancer and kidney disease;
- Individualized counselling on how to feed your baby, a "picky" eater, or an active teenager;
- Advice on whether you need a vitamin or mineral supplement based on your health needs.

To find a dietitian in your area, visit [www.dietitians.ca/find](http://www.dietitians.ca/find)

## Looking For Nevada Ticket Volunteers

Volunteer Services is seeking volunteers to help sell Nevada tickets at both the Ouellette and Met Campuses. Nevada ticket sales generate \$50,000 plus annually which is used for Hospital equipment purchases.

Please call: Ingrid Garabedian

Ingrid.Garabedian@wrh.on.ca 519-254-5577 Ext. 33497

## PROVIDING OUTSTANDING CARE TO WINDSOR-ESSEX



**Breanne Wilson**  
PHARMACY TECHNICIAN  
PHARMACY



**Rick Colenutt**  
PATIENT REG. PORTER  
PATIENT TRANSPORT



**Adalena Tridico**  
REGISTERED NURSE  
FAMILY BIRTHING



**Jeffrey Jobin**  
ENVIRONMENTAL WORKER  
GUEST SERVICES

# WRH Lifeline Celebrates 15 Years Of Supporting Seniors

**PHILIPS**  
**Lifeline**

The numbers related to older adults and falls are staggering. One in three Canadians over age 65 will experience a fall this year<sup>1</sup>, and older adults who fall once are two to three times as likely to fall again within a year.

For over 40 years, Philips Lifeline has provided easy, fast access to help 24 hours a day, 365 days a year at the push of a button. Philips Lifeline is proud to be the leading medical alert provider in Canada, and the exclusive medical alert provider for Windsor Regional Hospital for 15 years.

"Windsor Regional Hospital Lifeline Program currently serves over 400 subscribers in the community. We provide peace of mind for the entire family," explains Bill Ross of Windsor Regional Hospital Lifeline. "Independent living is a top priority for aging seniors. Family caregivers need to know their loved ones can access help quickly when they're not there."



Lifeline is an ideal solution for patients at risk for falls. Our Lifeline with AutoAlert\* option automatically calls for help if someone can't push their button because they are disoriented, immobilized, or unconscious. When seniors experience a fall or other emergency, every second counts. Delayed medical care can jeopardize their recovery and independence. In 2013 alone, 70 falls in subscribers' homes in the Windsor area were detected by Lifeline with AutoAlert<sup>3</sup>. Seventy seniors could have been suffering needlessly if they did not have Lifeline with AutoAlert.

### With Lifeline, seniors are less likely to rely on EMS for protection and care.

Fifteen hundred calls were received by the Lifeline Response Centre from Windsor Regional Hospital Lifeline subscribers in 2013. Of those calls, 36% were resolved without involving Emergency Services<sup>3</sup>. **But for those who require emergency help, Lifeline provides the support they need, right away.**

### Your recommendation can give so much

Referring to Windsor Regional Hospital Lifeline Program is easy. To refer a patient, contact **Windsor Regional Hospital Lifeline** at **519-252-4100** and quote code xx763 for a FREE MONTH of service. We will then contact the patient to explain the benefits of the service and take care of everything.

*\*AutoAlert option is locally available at participating Lifeline programs. AutoAlert does not detect 100% of falls. If able, users should always press their Lifeline button when they need help.*

(1) World Health Organization, 2008 (2) O'Loughlin J et al. Incidence of and risk factors for falls and injurious falls among the community-dwelling elderly. American journal of epidemiology, 1993. (3) Philips Lifeline data



## FOUNDATION NEWS

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

### Met O.R. Family Waiting Room Named

A dedication took place recently to name the Met Campus O.R. Family Waiting Room in honour of the late Anthony P. Toldo and his wife, Josephine as a result of their generous contribution of \$500,000 toward the Windsor Essex Cancer Centre Foundation's "It's In Your Jeans" campaign.

The naming of the waiting room coincided with the update of procedures completed, using the new Da Vinci surgical assisting device. Since September 11, 2014 when the first prostatectomy procedure was done, up to 27 patients have benefitted. The capital project raised \$5.4 million, establishing the Dr. Richard Boyd Regional Comprehensive Men's Health Program at Windsor Regional Hospital.



Photo Above (Left to Right)  
Anthony Toldo Jr, Josephine Toldo and Michelle Toldo

# Life After Cancer Education Classes

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

**APRIL 9**

### Surviving, Now What?

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

**APRIL 16**

### Eating for a Healthy Life

- The basics of healthy eating.
- Myths about food and cancer.
- Healthy eating and cancer survival.

**APRIL 23**

### Be Active, Be Healthy

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

**APRIL 30**

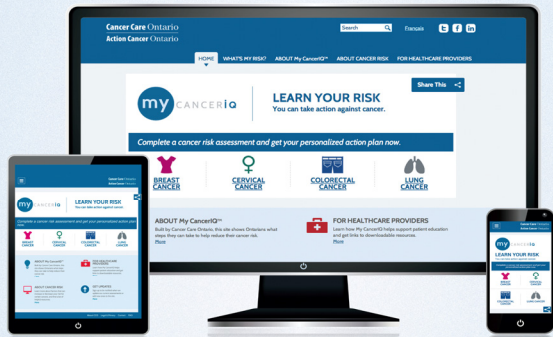
### Cancer & Your Family Tree

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

For more information or to register, please call  
**519-254-5577 x 52800**  
or [renew@wrh.on.ca](mailto:renew@wrh.on.ca)



REDUCE YOUR CANCER RISK  
RIGHT HERE, RIGHT NOW.



Visit the My CancerIQ booth to complete your risk assessment and be entered into a draw to win 1 of 6 Tim Horton's gift cards. Plus lots of fun giveaways!

**Date:** Wednesday, April 1st, 2015  
**Met Campus:** 9:30 AM-1:00 PM  
**Ouellette Campus:** 3:00-7:00 PM



# HEART BREAKER



TAKE THE CHALLENGE  
**MAY 23 2015**

**MALDEN PARK  
WINDSOR, ONTARIO**

**15+ OBSTACLES  
LOTS OF MUD!**

SUPPORTING:  
**Hôtel-Dieu Grace  
Healthcare**

**5-7K**

100% OF THE PROCEEDS WILL STAY LOCAL, AND SUPPORT THE CARDIAC WELLNESS AND PULMONARY REHAB PROGRAMS IN WINDSOR ESSEX.



**GET DIRTY, GET FIT, GIVE BACK!**

**ARE YOU TOUGHER THAN THE MUD? REGISTER NOW!**

[www.heartbreakerchallenge.com](http://www.heartbreakerchallenge.com)  
[www.facebook.com/heartbreakerchallenge](https://www.facebook.com/heartbreakerchallenge)



**Parkwood Hospital Presents: Acquired Brain Injury Survivor and Family Education Series**

Broadcast via videoconference at -  
**Windsor Regional Hospital—Ouellette Campus**  
**Tuesdays 6:30—8:30 PM in the Cottam Room**  
**(1st floor administrative hall)**  
**Contact: Diane Bradford @ 519-973-4411 extension 37818**

The survivor and family education series is a forum open to individuals with acquired brain injury, their family, and friends. The goals of the series are to share education and information, provide opportunities to meet other individuals and family members affected by brain injury, and to encourage peer support. You are welcome to attend one, some, or all of the sessions.

Spring 2015 Schedule	
March 24 <sup>th</sup>	<b>Brain Injury 101 – Part 1</b> Speaker: <i>Kelly Williston Wardell, Occupational Therapist, Lisa McCorquodale, Occupational Therapist</i>
March 31 <sup>st</sup>	<b>Brain Injury 101 – Part 2</b> Speaker: <i>Kelly Williston Wardell, Occupational Therapist, Jill Bowen, Social Worker</i>
April 7 <sup>th</sup>	<b>Practical Strategies for Managing your Life</b> Speaker: <i>Susan Rice</i>
April 14 <sup>th</sup>	<b>Social Communication &amp; Auditory Issues Following ABI</b> Speakers: <i>Connie Ferri, Stephanie Muir Derbyshire &amp; Patti Hinton</i>
April 21 <sup>st</sup>	<b>The Importance of Nutrition, Physical Activity &amp; Sleep Following ABI</b> Speakers: <i>Chris Fraser &amp; Laura Graham</i>
April 28 <sup>th</sup>	<b>Managing Fatigue After ABI</b> Speaker: <i>Becky Moran</i>
May 5 <sup>th</sup>	<b>Coping with Emotional Dyscontrol following ABI</b> Speakers: <i>Dave Furac &amp; Dan Pettapiece</i>
May 12 <sup>th</sup>	<b>Survivor Stories</b>



**REGISTER TO PARTICIPATE**  
**WWW.RUNFORROCKY.COM**

PROCEEDS BENEFIT THE WINDSOR PRIDE COMMUNITY, EDUCATION AND RESOURCE CENTRE, AND GAY-STRAIGHT ALLIANCE PROGRAMS IN THE REGION'S HIGH SCHOOL & POST-SECONDARY EDUCATION SYSTEMS, SUPPORTING YOUTH IN OUR COMMUNITY.

**PRIZES FOR TOP HIGH SCHOOL, CORPORATE, FAMILY, INDIVIDUAL & STUDENT FUNDRAISERS!**

