



FRONTLINE TRIBUNE

APRIL 6, 2015

VOLUME 3 / EDITION 14



COMPASSION is our
PASSION



The FRONTLINE TRIBUNE is a publication of the Public Affairs and Communications Office of Windsor Regional Hospital
Met Campus-1995 Lens Avenue, Windsor, N8W 1L9 / Ouellette Campus-1030 Ouellette Avenue, Windsor, N9A 1E1

IN THIS WEEK'S ISSUE

PAGE 1 - MY CANCERIQ HELPS TO REDUCE
CANCER RISKS NOW

PAGE 2 - QUINOA GREEK SALAD
- LITTLE FREE LIBRARY
- FREE TO A GOOD HOME

PAGE 3 - ROUNDS & CASE STUDIES
- GERBER DAISIES FOR KIDS
- EID SISTERS BIRTHDAY BASH
- OUT OF THE BLUE & THANKS

PAGE 4 - HEALING TO THE BEAT
- HEARTBREAKER CHALLENGE
- HACKING HEALTH
- LIFE AFTER CANCER

WINDSOR REGIONAL HOSPITAL The REGIONAL SCENE

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
519-254-5577 ext.33855

Gisele Seguin
gisele.seguin@wrh.on.ca
519-254-5577 ext.32553

Steve Erwin
steve.erwin@wrh.on.ca
519-254-5577 ext.33350

David Lenz
david.lenz@wrh.on.ca
519-254-5577 ext.32539

Got a news story, contest
or announcement that you
would like to be considered
for posting in the next
issue of the newsletter?

Send it to us today!!!!

My CancerIQ Helps To Reduce Cancer Risks Now!

Written by Kat Tomoski, Advertising, Marketing and Communications Intern, Public Affairs and Communications

A new, innovative, online cancer prevention tool that makes it easier for staff to reduce their risk of developing cancer is the current buzz at Windsor Regional Hospital.

Recently, Michelle Prince, local cancer advocate, along with Dr. Wajid Ahmed, Associate Medical Officer of Health and Dr. John Day, Regional Primary Care Physician Lead for the Erie St. Clair Regional Cancer Program took part in a media event to introduce and talk about this latest intervention.

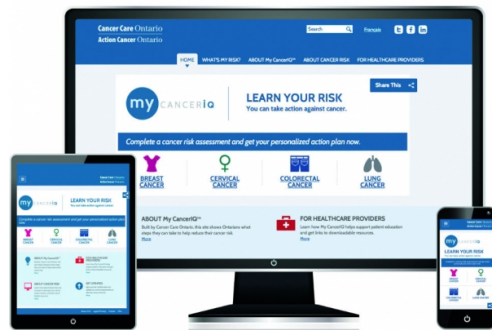
My CancerIQ, an online tool developed by Cancer Care Ontario in partnership with the Ministry of Health and Long Term Care helps men and women understand their personal risk factors for breast, cervical, colorectal and lung cancer.

"Understanding the factors that affect your cancer risk is an important first step on the path to a healthier future," stated Michelle Prince. "While you cannot change some things such as your age or family history, there are many other factors you can control. I encourage everyone to use the My CancerIQ to increase their odds of living a longer, healthier life."

People who use My CancerIQ are able to calculate their personalized risk of developing cancer through a series of interactive questionnaires. Based on the results, the online tool then provides users with personalized recommendations and access to additional trusted resources to help reduce their risk of developing cancer. As many as half of all cancers in Ontario can be prevented by eliminating known risk factors such as smoking, alcohol consumption, poor diet and lack of physical activity.

My CancerIQ allows users to save, print and email their personalized risk reports and guides and then, discuss their risk results with a healthcare provider.

"My CancerIQ is better than Dr. Google's Office," said Dr. John Day. "I always tell my patients that, if you go to the net, find a credible site, one properly vetted by medical professionals." To complete an assessment or to find out more, visit www.MyCancerIQ.ca



(photo and caption) Michelle Prince speaking at My CancerIQ media conference in Met Campus Lobby

Get Connected with Windsor Regional Hospital!

www.wrh.on.ca / www.facebook.com/WindsorRegionalHospital / @WRHospital

UPCOMING EVENTS

APR 07 **Acquired Brain Injury Survivor Series**
Time: 6:30pm - 8:30pm
Cottam Room, Ouellette Campus
Windsor Regional Hospital

APR 08 **Hand Hygiene Audit Training**
Time: 1:00pm - 2:30pm
Auditorium Side A, Met Campus
Windsor Regional Hospital

APR 10 **Hand Hygiene Audit Training**
Time: 1:30pm - 2:30pm
ICU Classroom, Ouellette Campus
Windsor Regional Hospital

APR 13 **Endovascular/Neurosurgical Rounds**
Time: 4:00pm - 6:00pm
Essex Room, Ouellette Campus
Windsor Regional Hospital

APR 14 **Acquired Brain Injury Survivor Series**
Time: 6:30pm - 8:30pm
Cottam Room, Ouellette Campus
Windsor Regional Hospital

APR 18 **Healing To The Beat**
Time: 7:30pm
Fogolar Furlan Club
1800 North Service Road, Windsor

APR 21 **Blood Pressure Screening Clinic**
Time: 12:00pm - 3:00pm
Vendor Hallway, Ouellette Campus
Windsor Regional Hospital

APR 21 **Acquired Brain Injury Survivor Series**
Time: 6:30pm - 8:30pm
Cottam Room, 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



Pets are valuable to the well-being and mental health of its owner.

In order for a pet dog to visit, patients or family members are asked to fill out a "Personal Family Pets Form" prior to the visitation.

Quinoa Greek Salad

Makes 4 servings
Preparation Time: 20 min
Cooking Time: 30 min



Recipe provided by Dairy Farmers of Canada. Make your own beautiful breakfast parfaits in the evening and you've got a nutritious and delicious breakfast ready to go in the morning. The oats soften perfectly as the parfaits sit in the refrigerator overnight.

Ingredients

- 1 cup (250 mL) 1% milk
- 3/4 tsp (4 mL) dried oregano
- 1 cup (250 mL) quinoa, rinsed
- 2 tbsps (25 mL) lemon juice
- 1 sweet pepper, chopped
- 1/2 cup (125 mL) diced red onion
- 1 cup diced lower fat Feta cheese
- 1/2 cup (125 mL) water
- 1/4 tsp (1 mL) pepper
- Grated zest of one lemon
- 2 tomatoes, chopped
- 1 English cucumber, chopped
- 1 cup rinsed, canned red beans

Instructions

In a deep saucepan, combine milk, water, oregano and pepper. Bring to boil over medium heat. Stir in quinoa. Reduce heat to low, cover and simmer for 20 minutes. Let stand covered 5 minutes. Transfer to bowl. Stir in lemon zest with fork; let cool. Stir in remaining ingredients. Serve or refrigerate up to 1 day.

NUTRIENTS Per Serving:

Calories: 368; Protein: 22 g; Total Fat: 10 g; Saturated Fat: 5 g; Cholesterol: 27 mg; Carbohydrates: 50 g; Fibre: 8 g; Sugars: 9 g; Sodium: 536 mg

Little Free Library Needs Your Help!

Magazines are needed for the Little Free Library at the Met Campus. All donations are welcome.



Drop off at Public Affairs or Volunteer Services office at the Met Campus.



Free To A Good Home!

The library at Met campus has an assortment of journal and magazine holders that sit on shelves or desks that are not needed.

If you would like some for your office, clinical, administrative area, please feel free to stop by the Met library or contact the library at **519-254-5577 ext. 33528**

INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Rocco Flores
RADIATION THERAPIST
RADIATION THERAPY



Priya Abeytunge
REGISTERED NURSE
6 EAST



Robert Swtizer
SOCIAL WORKER BSW
SOCIAL WORK



Anne Sibbald
RADIOLOGICAL TECH.
EMERGENCY

Neuro-Endovascular /Neurosurgical Rounds and Case-Study Discussions



Open OTN event Hosted by Windsor Regional Hospital, the Neurosurgical Associates of Windsor and Essex County and the Windsor Radiological Associates of Windsor

When: Monday, April 13, 2015

Time: 4 p.m. to 6 p.m.

The OTN Event number is 42372113

Where: Essex Room- Ouellette Campus

Clinical Education Conference Room- Met Campus

Open to all to attend. No registration required.

Gerbera Daisies for our Kids



FOUNDATION NEWS

EVENTS, CAMPAIGNS AND DONATIONS SUPPORTING WINDSOR



EID Sisters Birthday Bash A Blast!

They did it again. Ava and Bri Eid, two young ladies along with their hockey teams hosted a tournament in January of this year and raised \$3,100 for the Paediatric Oncology Satellite Unit at the Met Campus.

The Eid Sister's Charity Birthday Bash is now an annual tradition where, the Windsor Wildcat PeeWee 'A' Team (Bri is the one girl on this all boy's team) and, the Tecumseh Eagles PeeWee 'AA' Team (Ava is a member of this all girl's team) challenge each other in a friendly hockey game. After the game, the birthday bash includes dinner, recognition, dancing and fun with the parents of team members donating in lieu of birthday gifts for Bri and Ava.

"The girls love to take part in this annual event and want people to donate to the hospital unit in lieu of birthday gifts," states their mom, Maria Eid. "They look forward to the event each year as it gathers their team colleagues in a friendly rivalry and provides a fun time for the kids and their families while enriching the lives of young patients requiring care in the Paediatric Oncology Unit.

By the way, the girl's team won the game in a 5-4 victory!



Photo Above

Ava and Bri Eid with some of their team mates from the Windsor Wildcats and Tecumseh Eagles Hockey Teams.

Looking For Nevada 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**

Out Of The Blue...And Thanks!

University of Windsor Odette School of Business student, Dalton Minovski held an event in support of Paediatric Child Life Services. He hosted a Trivia Night at the Windsor Star Café attended by several students and friends, raising \$600.05 for children requiring care at the Met Campus of Windsor Regional Hospital.

Thank you Dalton for your generosity to support WRH!



Photo Above (left to right)

University of Windsor Odette School of Business student, Dalton Minovski with Ron Foster, Executive Director, Windsor/Essex Hospitals Foundation

MAY 1-3
2015



TECHTOWN DETROIT
440 BURROUGHS ST.
DETROIT MI 48202

←+→ HACKING HEALTH



WINDSOR

DETROIT

HACKING HEALTH WINDSOR-DETROIT WILL BE HELD AT TECH TOWN DETROIT
- AN INNOVATION HUB JUST TEN MINUTES FROM THE BORDER

WANTED:

Join the first cross-border Hacking Health in the world that breaks down barriers to healthcare innovation by bringing together IT and healthcare professionals across the US-Canada border to collaborate, dream up & design solutions for patient-centric care.

DESIGNERS	TRANSFORM EVERYDAY HEALTHCARE CHALLENGES INTO REAL SOLUTIONS
DEVELOPERS	CONNECT TO CREATE HOLISTIC SOLUTIONS WITH PATIENTS, NOT JUST FOR PATIENTS
HEALTHCARE PRACTITIONERS	CONTRIBUTE TO IMPACTFUL HEALTHCARE CHALLENGES AND IMPROVE THE EXPERIENCE.
COACHES & MENTORS	OFFER YOUR IDEAS AND CONCEPTS TO HELP CATALYZE INNOVATION IN HEALTHCARE.

TO REGISTER AND FOR MORE INFORMATION :

WINDSORDETROIT.HACKINGHEALTH.CA

LIKE US ON FACEBOOK AT: [HHWINDSORDETROIT](https://www.facebook.com/hhwindsordetroit)
FOLLOW US ON TWITTER AT: [@CROSSBORDERHH](https://twitter.com/crossborderhh)



Life After Cancer Exercise Program

Specially designed for cancer survivors.

Delivered by Certified Professionals from Windsor Squash & Fitness in collaboration with Windsor Regional Hospital Cancer Program

Exercise Classes

Tuesdays & Thursdays • 1-2pm

Beginning April 14, 2015

for 10 weeks

Yoga Classes

Wednesdays • 6 pm – 7 pm

Beginning April 22, 2015

for 8 weeks

Cost: \$40

Classes take place at Windsor Squash & Fitness Club.

For more information or to register, please call

519-254-5577 x 52800

or renew@wrh.on.ca



4TH ANNUAL PRESENTS

Healing to the Beat

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

SATURDAY, APRIL 18, 2015
FOGOLAR FURLAN CLUB | 1800 NORTH SERVICE ROAD (E.C. ROW)
DOORS OPEN @ 7:30PM | SHOWTIME 8:30PM

THE KENNY PARKER BAND

WITH VERY SPECIAL GUEST DETROIT'S GUITAR LEGEND **JIM MCCARTY**

AND **the Johnny Rocca BAND**

TICKETS \$25 PURCHASE 10 TICKETS TO RESERVE A TABLE. PLEASE CALL 519-985-2656 OR 519-791-5240

INCLUDES 1 KING SIZE MEDITERRANEAN PIZZA PER TABLE

HEART BREAKER

TAKE THE CHALLENGE
MAY 23 2015

MALDEN PARK WINDSOR, ONTARIO
SUPPORTING: **Hôtel-Dieu Grace Healthcare**

15+ OBSTACLES
LOTS OF MUD!
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
www.facebook.com/heartbreakerchallenge

TICKETS AVAILABLE AT:

SPONSORED BY:

In loving memory of Sandy Gillis, Don Venus & Ralph Travenetti