



FRONTLINE TRIBUNE

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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

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To contribute a news tip, story or advertisement in the next issue, please email us at:
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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!!!!

Community Leaders Partner With WRH On Organ Donor Awareness

April 19 - 25, 2015 is National Organ and Tissue Donation Week. In recognition of this annual event, Windsor Regional Hospital, the City of Windsor and the County of Essex are taking a team approach to encourage residents to make their wishes known when it comes to registering their consent for life-saving organ and tissue donation.

Registration rates in the City of Windsor are at 23 per cent below the provincial average of 26 per cent, and placing the city 162nd out of 179 Ontario communities.

A new video surrounding the theme "Be A Donor Like Me" will be released this Wednesday. It includes WRH President and CEO David Musyj, Windsor Mayor Drew Dilkens, Essex County Warden Tom Bain, various other community leaders and organ and tissue donation advocates, all encouraging residents to take two minutes and register their consent online at beadonor.ca.

A media event is scheduled for 1 pm on Wednesday, April 22nd in the Goyeau lobby of Ouellette campus. All are welcome to attend.

Also, Windsor Regional Hospital will have a booth set up at each campus on Thursday, April 23 where visitors as well as employees, volunteers and professional staff can register their consent, or check to ensure they are registered.

Registering online – a process which replaced the former "sign your donor card" method a few years ago – is the best way to ensure medical staff know and understand an individual's wishes. It only takes two minutes of your time! If you want to register your consent, or check to ensure your consent has been confirmed, please go to www.beadonor.ca

WRH will also be promoting organ and tissue donation stories through its social media channels this week. One story will focus on Kaidyn Blair, a 13-year-old liver transplant survivor who is holding a "Walk for Life" event in the town of Essex on Saturday, May 2nd at 6:30 pm. Information can be found at www.beadonor.ca/kaidyns-dream.

Another story will focus on the efforts of the family of the late Trevor Louis Funkenhauser who raised funds over the years for local hospitals and for organ donor awareness. Their efforts have contributed to the "WE Can Be Heroes" video of local transplant survivors, family members of donors and physicians which continues to play on TV screens at both WRH campuses. This year's "A Day for a Life" annual charity golf tournament takes place Wed., June 17th, 2015 at Kingsville Golf and Country Club. WRH is proud to support this tournament, which provides an excellent day of fun on the course – all for a good cause, and in celebration of the tremendous impact Trevor made during his life on family, friends and neighbours. Contact the Windsor/Essex Hospitals Foundation office at 519-973-4433 for more information.

National Organ and Tissue Donation Awareness Week
April 22-28

Register at
beadonor.ca

Get Connected with Windsor Regional Hospital!

www.wrh.on.ca / www.facebook.com/WindsorRegionalHospital / [@WRHospital](https://twitter.com/WRHospital)

UPCOMING EVENTS

- 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 07** **Hôtel-Dieu Grace Retirees Luncheon**
Time: 11:30am
Caboto Club of Windsor
2175 Parent Avenue
- 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 23** **Heartbreaker Challenge**
Time: 9:00am - 8:00pm
Malden Park
4200 Malden Road, Windsor
- MAY 28** **WRH Charity Golf Tournament**
Time: 11:00am
Essex Golf & Country Club
7555 Matchette Road, LaSalle
- MAY 29** **Bollywood Night**
Time: 6:00pm
Walkerville Brewery
525 Argyle Road, Windsor
- JUNE 04** **KiliKlimb Bon Voyage Event**
Time: 7:00pm
Walkerville Brewery
525 Argyle Road, Windsor
- JUNE 17** **A Day For Life Golf Tournament**
Time: 11:00am
Kingsville Golf & Country Club
640 County Road 20, Kingsville



When bedpan liners and/or washer disinfectors are used appropriately, the risk of transmission of microorganisms to other patients and to staff is reduced.

Asparagus & Salmon Spring Rolls

Makes 12 servings
Preparation Time: 45 min

Ingredients

- 24 thick or 36 thin asparagus spears (about 2 pounds)
- 2 3- to 4-ounce packages smoked wild salmon
- 12 8-inch rice-paper wrappers
- 1 ripe avocado, cut into 24 slices
- 1 cup shredded carrot
- 1/2 cup chopped fresh basil
- 1/2 cup chopped fresh mint



Dipping Sauce

- 1/3 cup reduced-sodium soy sauce
- 2 tablespoons orange juice
- 2 tablespoons lemon juice
- 2 tablespoons mirin
- 1/4 teaspoon crushed red pepper, or more to taste

Instructions

To prepare spring rolls: Bring 1 inch of water to a boil in a large skillet. Trim asparagus spears to no longer than 6 inches; add to the boiling water. Partially cover and cook the asparagus until tender-crisp, about 3 minutes. Drain; refresh under cold water. Cut each spear in half lengthwise. Cut salmon slices into 12 strips no longer than 6 inches each. Soak one wrapper at a time in a shallow dish of very hot water until softened, about 30 seconds. Lift out, let excess water drip off and lay on a clean, dry cutting board. Center a strip of smoked salmon in the bottom third of the wrapper, leaving a 1-inch border on either side. Arrange 4 thick (or 6 thin) asparagus spear halves (overlapping as necessary) over the salmon. Top the asparagus with 2 avocado slices, 1 tablespoon shredded carrot and about 2 teaspoons each basil and mint. Fold the wrapper over the filling and roll into a tight cylinder, folding in the sides as you go. Repeat with the remaining wrappers and filling. Cut each finished roll in half. To prepare dipping sauce: Whisk soy sauce, orange juice, lemon juice, mirin and crushed red pepper in a small serving bowl. Serve the rolls with the sauce.

NUTRIENTS Per Serving (one Roll):

Calories: 107; Protein: 6 g; Total Fat: 3 g; Saturated Fat: 1 g; Cholesterol: 3 mg; Carbohydrates: 13 g; Fibre: 8.8 g; Sugars: 0 g; Sodium: 370 mg

WRH Finance Relocates

Windsor Regional Hospital Finance Staff previously located in the Dr. Fouad Tayfour Regional Rehabilitation Centre building Hôtel-Dieu Grace Healthcare on Prince Rd., recently relocated to the Second Floor of the Windsor Family Credit Union building at 2800 Tecumseh Rd. E (corner of Tecumseh Rd. East & Drouillard Road).

A new fax number is now in operation - **519-974-7448**.

Internal mail should be directed to the attention of the Finance Department at the Met Campus. Hours of operation continue (Monday to Friday 8:30 a.m. - 4:30 p.m.)

INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Kelly McNorton
MANAGER
PHARMACY SERVICES



Ivano Fregonese
COORDINATOR
FINANCE



Janina Teaney
REGISTERED NURSE
6TH EAST



Anthony Deluca
LAB TECHNOLOGIST
LAB

School Donates 200 Teddy Bears To Paediatric Child Life Services

Students at St. Antoine French Catholic School in Tecumseh worked together and collected 200 teddy bears as part of their "Stuffed Animals For Others" project, donating them to Paediatric Child Life Services at Windsor Regional Hospital.

Giving back is nothing new for St. Antoine School. Last year, the students donated a large amount of art and craft supplies to Paediatric Child Life Services in honor of Daniel Ethier, a former student. Daniel had made many visits to Windsor Regional Hospital, losing his battle with cancer in June of 2013. Daniel's father, Roch Ethier was present and said that giving back is therapeutic for the students. It was their way of saying, "I couldn't do anything for Daniel but I can do something for others."

"The students are asked to bring a new stuffed animal from home that they are willing to give to someone in need or someone in the hospital," stated Marcella Brule, School Principle. "It is their way of sharing."

The teddy bears were presented during a school assembly with the children cheering as they presented them to the hospital.

"The stuffed animals will make a similar journey to the hospital and be given to children who are undergoing testing or are hospitalized for treatment," said Jennifer Burton Liang, Child Life specialist. "The students of St. Antoine are incredibly amazing and we are truly grateful."



Photo Above

Noah Catalano, Grade 2 St. Antoine student with Principle Brule and Jennifer Burton Liang, Child Life Services.

Do A Little, Save A Watt! - Earth Day

Earth Day is Wednesday, April 22nd - an annual opportunity for all of us to look at how we can reduce the burden on our environment. In recognition of how we can all do our part, WRH is launching a new initiative to remind staff about some of the simple things we can do to conserve energy.

"Do A Little, Save A Watt!" is intended to remind staff to turn off unnecessary office lights and computer monitors at the end of a work day. While for obvious safety reasons lighting needs to remain on through most of our campuses over every 24-hour period, there is a recognition that staff can do more to reduce energy use in offices and at desks not in use in after-hour periods.

Here are some other helpful tips on energy conservation from Enwin Utilities that we can apply to both WRH campuses:

- When it comes to conserving energy, saving kilowatts, and benefiting the environment, why stop when we leave our homes? Conservation is something that can easily be incorporated into our every day workplace routine.
- Turn off lights when you leave at night.
- Use task lighting; instead of brightly lighting an entire room, focus the light where you need it to directly illuminate work areas.
- Close or adjust window blinds to block direct sunlight to reduce cooling needs during warm months. Overhangs or exterior window covers are most effective to block sunlight on south-facing windows.
- Unplug equipment that drains energy when not in use (i.e. phone chargers, fans, coffeemakers, desktop printers, radios, etc.).
- Turn off your computer and monitors at the end of the work day, if possible. If you leave your desk for an extended time, turn off your monitor.
- Turn off photocopier at night or purchase a new copier with low standby feature. Purchase printers and fax machines with the power management feature and use it.
- Save paper. Photocopy only what you need. Always use the second side of paper, either by printing on both sides or using the blank side as scrap paper.
- Carpool, bike, or use mass transit when commuting to work.
- Use coffee mugs instead of disposable cups.



For more energy conservation tips for your home or workplace, visit www.enwin.com/conservation

Out to Africa...

"Wish our KiliKlimb 2015 Team Bon Voyage"

Greg Monforton
AND PARTNERS
INJURY LAWYERS

MARTIN WUNDER, Q.C.



June 4, 2015 7 - 10 p.m.

Walkerville Brewery

Tickets \$10

Cash Bar • Hors D'oeuvres



Available Windsor/Essex Hospitals
Foundation office at the
Met or Ouellette Campus or call
519-973-4433 or 519-985-2656



KiliKlimb 2015
IN SUPPORT OF WINDSOR/ESSEX
HOSPITALS FOUNDATION

BENEFITTING THE NEUROSCIENCES PROGRAM AT WINDSOR REGIONAL HOSPITAL

www.kiliklimb2015.ca



the best in chest dragon boat team presents



Advance tickets ONLY!

Tickets WILL NOT be available at the door.

save the date
Friday May 29, 2015 • 6pm



at the Walkerville Brewery
525 Argyle Rd, Windsor

in walkerville

tickets \$30 each
or 2 for \$50

For tickets please contact:

Priya Philip
519-903-4119
Priyanka.Phillip@wrh.on.ca

Cathy Mombourquette
519-995-2533
Cathy.Mombourquette@wrh.on.ca

evening highlights:

- delicious indian cuisine
- breathtaking dance performances (classical & non-classical)
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- 50/50 draw & much more.....

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<http://conta.cc/1CWDFTI>



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



Pilates Met Campus Spring 2015 Session

Tues/Thurs/Fri starting May 5 for 16 weeks
12:00-12:30, 12:30-1:00, or full hour

Location schedule to be provided

3 x 30 minutes per week: \$105

3 x 60 minutes: \$210

Cost to be deducted from your pay

Attend 80% of the classes, get reimbursed 50% of the cost!

Registration Deadline:

April 30, 2015

A minimum of 15 participants required.

**Go to the Healthy Lifestyles
website to register now!**

*Pilates emphasizes the balanced
development of the body
through core strength,
flexibility, and awareness in order
to support efficient,
graceful movement.*

