



FRONTLINE TRIBUNE

APRIL 27, 2015

VOLUME 3 / EDITION 17



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 -WRH CELEBRATES VOLUNTEER APPRECIATION WEEK WITH HAWAIIAN LUAU

PAGE 2 - HEALTHY EATING RECIPE
- NEW FACES AT WRH

PAGE 3 - NOMINATE AN EXTRAORDINARY NURSE
- SELFIES FOR A CAUSE
- DRAGON BOATS "BIG PINK BUS" DEBUTS IN WINDSOR
- WRH DOCTORS HONOURED WITH AWARD OF EXCELLENCE

PAGE 4 - KILIKLIMB BON VOYAGE EVENT
- NATIONAL DAY OF MOURNING
- DOCTORS DAY
- GERBERA DAISIES
- PROVINCIAL STROKE ROUNDS

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
519-254-5577 ext.52003

Gisele Seguin
gisele.seguin@wrh.on.ca
519-254-5577 ext.52008

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!!!!

WRH Celebrates Volunteer Appreciation Week with Hawaiian Luau

Volunteers are most often people who make a big difference and expect nothing in return.

On April 14th, 2015, Windsor Regional Hospital celebrated these selfless people by hosting a Hawaiian style – Luau at the Fogolar Furlan Club during National Volunteer Appreciation Week.

Event organizers planned a fun filled afternoon for volunteers, which included: food, drinks, entertainment and music provided by pianist Jim Demer.

Among those organizers was Renee Hopes, Manager of Volunteer Services.

"WRH volunteers are special people that give of their time to enhance the patient experience. During National Volunteer Week, we take the time to recognize their contribution in a formal way, but we appreciate their assistance all year round," Said Renee.

Windsor Regional Hospital has over 600 volunteers that compliment the care provided by employees and professional staff. In our community there are many organizations that need volunteer assistance and these people choose to assist the hospital's patients, families and staff.

"I just do it to help people, helping people is probably my biggest passion – especially those people we meet here because you don't know why they are here – it may be a loved one who is in distress or they might be in distress themselves," said Bruce Lodge, WRH volunteer since June 2011.

The volunteers have a variety of motivations and have unique skills and experiences that they bring to the organization.

"What ever their reason may be, they are a valued part to the WRH team," Renee went on to say.

Many thanks to all the Windsor Regional Hospital volunteers, whether it be every day, a couple hours a week or once a month, your efforts are inspiring and your enthusiasm and devotion is very much appreciated.



Get Connected with Windsor Regional Hospital!

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

UPCOMING EVENTS

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 14 **A Fine Balance**
Time: 6:00pm
Armoury & Conference Centre
44 William Street North, Chatham

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

JUNE 22 **2015 LaSalle Police Charity Golf Classic:
Supporting WRH Pediatrics**
Essex Golf & Country Club
7555 Matchette Rd, Windsor

JULY 18-19 **Dragon Boats for The Cure**
Waterfront Park
13161 Tecumseh Rd, Tecumseh

JULY 20 **Rafih Auto Group: 4th Annual
Charity Golf Tournament**
Beach Grove Golf & Country Club
14134 Riverside Drive East, Tecumseh

August 28 **Return From Africa—KiliKlimb**
Fogolar Furlan Club
1800 N Service Road, Windsor

Lentil & Ground Chicken Shephard's Pie

Here's a delicious twist on a favourite comfort food. Adding lentils to the ground chicken filling boosts the protein, fibre and nutrients and contains only 290 calories per serving.



Ingredients

- 2 cups canned lentils, drained and rinsed
- 1 tbsp, olive oil
- 2 cups onions, diced
- 2 cloves garlic, minced
- 1 lb lean ground chicken
- 1 green pepper, diced 1
- 1 cup low-sodium vegetable juice
- 2 tsp, thyme, fresh
- 1/2 tsp, salt
- 8 potatoes, skin on, diced
- 2 tbsp chives, fresh, sliced

- 2 cups carrots, grated
- 3 tomatoes, medium
- 2 tsp, Worcestershire sauce
- 1/8 tsp, cloves, ground
- 1/4 tsp, ground black pepper
- 2/3 cups, plain yogurt, 2-4% MF
- 1/2 tsp, paprika

Yogurt stirred into the mashed potatoes instead of the usual butter and milk is another fun twist.

Instructions

Preheat oven to 350°F (180°C). Rinse canned lentils under cold running water to remove starch and some of the salt. Drain and set aside. Heat oil over medium-high heat in a skillet. Dice onions and mince garlic. Sauté in pan until softened – about 4 minutes. Stir in ground chicken. Use the back of a wooden spoon to break chicken into smaller pieces. Stir and sauté until cooked through and ground chicken is lightly browned. Add lentils, grated carrots, diced green pepper and chopped tomatoes. Stir in vegetable juice, Worcestershire sauce, dried thyme, ground clove, salt and pepper. Cover and simmer on low heat while the potatoes are cooking. Cut unpeeled potatoes into chunks. Cover with cold water, bring to a boil, reduce heat and simmer until fork tender. Drain and mash with yogurt and minced chives. Spread hot filling into a baking dish. Mound scoops of potatoes over and use a spatula to smooth over pie. Sprinkle top with paprika. Bake in preheated oven for 30 minutes or until filling is bubbling and top lightly browned.

Nutrition Information

Calories 290, Fat 8 g, Saturated 0.5 g + Trans, Cholesterol 35 mg, Sodium 210 mg, Carbohydrates / Glucides 39 g, Fiber 6g, Sugars 7 g, Protein 16 g



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

INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Rachel Pittao

REGISTERED PRAC. NURSE
ABULATORY CLINICS



Aida Morar

REGISTERED NURSE
MEDICINE 2



Sarah Anderson

REGISTERED PRAC. NURSE
7 EAST



Patricia Galbraith

UNIT CLERK
DAY SURGERY



Don't miss out.
Get your Sante tickets today.

www.wrhsante.ca



Nominate an Extraordinary Nurse!

Spring is here – and so is the season to nominate an extraordinary nurse!

Nomination forms are now online for the Jeanne Mance Nursing Excellence Award, which recognizes RNs and RPNs who continually go above and beyond to provide compassionate and professional care to his/her patients, and exemplifies teamwork, compassion, stewardship and respect.



This week is the deadline to submit a nomination! If you have someone in mind you would like to nominate, please check your WRH email for the links to the online submission forms.

Also, RNs who are taking or considering education courses are also encouraged to submit an application for The Lori Dupont Bursary. This is a \$5,000.00 bursary funded by Windsor Regional Hospital and Hôtel-Dieu Grace Healthcare to assist RN staff with continuing education costs. All ONA staff members who are planning to attend education courses, conferences and workshops or who are working toward certification in 2015, are invited to submit a bursary application by April 27th. Each successful candidate will be awarded up to \$1,000.

“Selfies” For A Cause

Windsor Mayor Drew Dilkens and WRH President and CEO David Musyj take a “selfie” by the “Be A Donor Like Me” sign after our organ and tissue donation awareness week event that took place Wednesday, April 22nd.

Community leaders and organ donor advocates gathered to hear personal stories about the impact of the “Gift of Life.” A new video promoting organ donor registration can be found on the WRH Facebook page.



Photo Above

Mayor of Windsor, Drew Dilkens (left) with Windsor Regional Hospital CEO, David Musyj

Dragon Boats “Big Pink Bus” Debuts in Windsor

Dragon Boats For The Cure have stepped up their “pink-ness” by painting a City of Windsor transit bus... pink! Pink resembles the colour associated with breast cancer and the fight to eradicate the disease. Dragon Boats For The Cure will host their annual fundraising weekend on July 18-19 at Waterfront Park where, up to 100 dragon boat teams will paddle in support of the Windsor Regional Breast Health Centre. Up to 9 teams from WRH and HDGH have enrolled in support of the effort. The ‘big pink bus’ is another way to promote awareness and raise funds for the cause.



WRH Physicians Honoured with Schulich Windsor Program Awards of Excellence!

The Windsor Program Awards of Excellence celebrate the commitment and dedication of faculty, staff and students. We are thrilled to announce that the following WRH Professional Staff members have been awarded Schulich Windsor Program Awards of Excellence:

Associate Dean’s Award of Excellence in Medical Education

Dr. Dana Fleming, Department of Surgery

Educator’s Award of Excellence in Medical Education

Dr. Amit Bagga, Department of Medicine
Dr. David Wonham, Department of Surgery
Dr. Junaid Yousuf, Department of Oncology

Windsor Sub-Specialty Rotation – Faculty of the Year Award

Dr. Tony Meriano, Department of Emergency Medicine

In addition, we are also pleased to announce and offer our sincere congratulations to **Dr. Wassim Saad** on receiving the **CAME** (Canadian Association of Medical Education) **Certificate of Merit Award**. Dr. Saad is the Postgraduate Academic Director of Medicine (Windsor Program). This award recognizes commitment to medical education and Dr. Saad will be presented with this certificate at the Canadian Conference on Medical Education later this month.

Please join us in offering congratulations to all of our recipients. This is a true testament to your dedication and commitment to Academic Excellence!

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



BENEFITTING THE NEUROSCIENCES PROGRAM AT WINDSOR REGIONAL HOSPITAL

www.kiliklimb2015.ca



On May 1st, give a big THANKS to your doctor!

Doctors Day - May 1st Thank you to our professional staff!

Every day, more than 320,000 patients across Ontario are treated and cared for by a doctor. Whether it's in a hospital, a long-term care facility, a clinic or at home, Ontario's Doctors are making a positive difference in the lives of patients by providing high-quality care when it's needed most.

Visit OntariosDoctors.com/DocsRock to show your appreciation and support for your doctor.



#DocsRock #PatientsFirst



Gerbera Daisies for our Kids

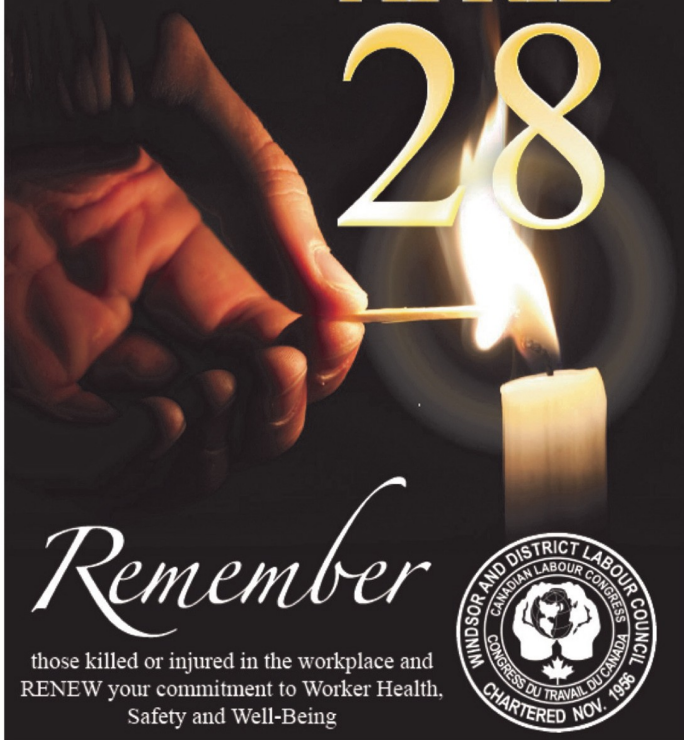
\$6 Per Potted Daisy

April 28, 29 & 30



NATIONAL DAY OF MOURNING

APRIL 28



Tuesday, April 28th at 5:00 pm

St. Augustine's Church Hall (formerly St. Aidan's, Wyandotte at Westminster)

Procession to Coventry Gardens follows at 6:00 pm

To 'Injured Workers Monument' (Riverside Dr. at Pilette)



The Central South Regional Stroke Network invites you to participate in Provincial Stroke Rounds via videoconference or webcast:

Title: Cerebral Amyloid Angiopathy: A Continually Evolving Diagnosis

Date/time: Wednesday May 6th 2015 0800-0900 hours EST

Presenter: Dr. Ashkan Shoamanesh, MD, FRCPC Assistant Professor of Medicine (Neurology) McMaster University / Population Health Research Institute

Host site: David Braley Cardiac, Vascular & Stroke Research Institute HHS (System # 2113-02)

Objectives:

- 1. Review the pathophysiology and epidemiology of cerebral amyloid angiopathy.
2. Highlight clinical and neuroimaging manifestations of the disease.
3. Summarize current management of cerebral amyloid angiopathy and potential future therapeutic options.

Target audience: Physicians, health care professionals interested in stroke care

This program meets the accreditation criteria of The College of Family Physicians of Canada and has been accredited for up to 1 Mainpro-M1 credits as approved by the Continuing Education and Professional Development Office of the Northern Ontario School of Medicine. This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada, approved by the Continuing Education and Professional Development Office Northern Ontario School of Medicine for up to 1 hour.

To register: Contact your OTN Telehealth Coordinator to reserve your system

Site coordinators: https://schedule.otn.ca/tsm/portal/nonclinical/details.do?request.requestId=43738091

* For those who do not have Ncompass access, please submit appropriate system information to: scheduling@otn.ca stating Event ID. The Event ID is Non-Clinical Event # 43738091

Webcast: Live and Archived Webcast Search with event ID # 43738091 at http://webcast.otn.ca/index.html

