



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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WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

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

Celebrating WRH Nurses Week - May 11-15!

National Nursing Week is coming soon and Windsor Regional Hospital has a number of events planned in recognition of our nurses, whom as this year's national theme suggests are "With You Every Step of the Way."

Throughout the week of May 11 to 15, you'll hear WRH nurses featured on radio ads on Blackburn Radio stations Mix 96.7 and Country 95.9, as well as stories and photos in a special Windsor Star supplement. We will also be holding social events, prizes and awards.

Also, in recognition of Nurses Week, RNs, RPNs and NPs are invited to submit a few paragraphs answering this question, "What does nursing mean to me?" Submissions will be entered into a draw for a gift card. Here's a look at the key events scheduled for Nurses Week at WRH:

Monday, May 11th

Feeling thirsty? In honour of Florence Nightingale, known internationally as the founder of modern nursing, try a Nightingale Float! These delicious ice cream floats, prepared by local catering specialists Coffee and Cream, come in orange and root beer flavours and will be served for free for staff at both campuses (2 pm to 4 pm and 11 pm to 1 am).

Tuesday, May 12th

Feeling lucky? Spin the big wheel for prizes with personalities from local Blackburn Radio stations during live remotes at both campuses from noon to 2 pm. There's quite a number of prizes to be won including \$500 at each campus courtesy of Motor City Community Credit Union. You don't have to be a nurse to play (but you'd better thank them if you win!)

Wednesday, May 13th

Wear white on Wednesday!

Nurses are encouraged to wear white nursing attire! Ellis Graphics will be on hand to promote a new line of white shirts. WRH and ONA want to make every Wednesday – a wear white day!

Also Wednesday, WRH joins our partners at Hotel-Dieu Grace Healthcare for a nursing awards event at the Prince Road Campus starting at 10:30 am. Winners from both organizations will be named, including recipients of the Jeanne Mance Extraordinary Nursing Care Awards and the Lori Dupont Bursaries for continued education. WRH will also announce the latest winners of its Daisy Awards, nominated by patients and their families.

Thursday, May 14th

As a reminder, the Ontario Nurses' Association is holding its annual Nurses Week dinner at the Fogolar Furlan Club beginning with cocktails at 6:00 p.m.

Friday, May 15th

At a special 12:00 p.m. noon ceremony in the First Floor Lobby, Met Campus, David Musyj will be on hand to personally thank the WRH winners of this year's Nurses Week Awards as well as acknowledge Rita Di Biase, who was recently named recipient of the Lois A. Fairley Nursing Award

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

Granola and Fruit Bites

Granola and Fruit Bites
Makes 24 mini bites
Preparation Time: 10 min
Cooking Time: 45 min



Everybody loves snacks and these make-ahead bites are perfect for kids' lunches or after school at home. Adults will even enjoy these bite size treasures with their coffee.

Ingredients

- 1/3 cup (75 mL) soy based peanut butter substitute
- 1/4 cup (60 mL) pure maple syrup
- 2 egg whites
- 1 tsp (5 mL) pumpkin pie spice
- 2 1/2 cups (625 mL) granola cereal
- 1/4 cup (60 mL) each raisins and dried cranberries or other dried fruit

Method

1. Spray a mini muffin tin with cooking spray; set aside.
2. In a bowl, using an electric mixer, beat together peanut butter substitute and maple syrup until combined. Beat in egg whites and pumpkin pie spice until smooth and well combined.
3. Stir in granola, raisins and dried cranberries until well combined. Divide mixture among prepared pan.
4. Bake in preheated 250°F (121°C) for about 45 minutes or until light golden and firm to the touch. Let cool completely on rack before removing from pan. You may need to run a small knife around the edge of each muffin tin to help remove them easily.

Tip

Instead of soy butter, try pea butter (another type of nut free spread found in some supermarkets or health stores). You can also use your favourite nut butter in this recipe.

NUTRIENTS Per Serving (2 bites per serving):

Calories: 185 ; Protein: 5 g; Total Fat: 8 g; Carbohydrates: 24 g; Fibre: 3g; Sodium:



A mask and eye protection is used to protect the mucous membranes of the nose and mouth when it is anticipated that a procedure or care activity is likely to generate splashes or sprays of blood, body fluids, secretions or excretions or within two metres of a coughing patient.

INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Vanessa Bachmeler
REGISTERED PRAC. NURSE
RENAL DIALYSIS



Alicia Savoni
REGISTERED NURSE
ONCOLOGY



Adam Boullane
FOOD SERVICE
WORKER



Hind Naom
LABORATORY
TECHNOLOGIST



NURSES WEEK
MAY 11TH-15TH



Lions and Tigers and Bears—OH MY!

Students from General Amherst High School worked together to raise over 90 brand new stuffed animals for Windsor Regional Hospital's paediatric program.

The fundraiser was the idea of three Amherstburg teens, Felicia Varacalli, Renee Reid and Lyndsi- all grade 11 students at General Amherst who wanted to do something special for the community.

The students then brought their idea to school, where they had the support of Greg Scott's Gym Leadership class in running a school-wide stuffed animal drive. Felicia Varacalli said they even went as far as getting other schools and businesses in the community involved.

"We had help from Anderdon Public School and Subway- the class that brought in the most bears got a free Subway lunch."

Varacalli went on to say that they approached Subway themselves to get their involvement and that their lunch donation was major motivation for students to participate.

On Monday, April 20th, when Ron Foster, Vice President of Public Affairs, Communications & Philanthropy arrived to pick up the stuffed animals the girls were beaming as he praised them for a job well done. The girls plan on continuing the bear drive in their final year at General Amherst and hope that the school will continue to do so after they graduate.

"We would love for the school to continue donating to Windsor Regional Hospital even after we graduate - that would be really cool," said Varacalli.



Photo Above

(L to R) Felicia Varacalli; Lyndsi Banks; Vice President of Public Affairs, Communications and Philanthropy, Ron Foster and Renee Reid.

Fogular Furlan Women's Association Donate

As a gesture of kindness and wanting to support infants and children at Windsor Regional Hospital, the Fogular Furlan Women's Association sewing group have been very busy sowing and knitting a number of items they recently donated to Met Campus.

A total of 146 items including blankets, preemie caps, bibs and baby booties were delivered and presented by the Women's Association associated with the Fogular Furlan Club. They stated their mission is to support the community through their sewing group.



Photo Above

(L to R) Ada Taiariol, Maria Centris, Teresa Raffin and Nadia Taiariol

Staff Communiqué: Shuttle service changes

All staff who take the Shuttle Service daily (Monday - Friday) are advised that the drop off and pick up location in front of the Met Campus entrance will change to the east side doorway area effective Monday, May 4, 2015.

The reasons are to lessen traffic congestion in and around the Met Campus canopy entrance area and, relocate the Valet Service to a more convenient location for patients and their families to enter the Met Campus facility.

On behalf of Windsor Regional Hospital, thank you for your understanding and cooperation regarding this minor change related to the Met Campus Shuttle Service.





**WINDSOR REGIONAL HOSPITAL
EMPLOYEE NIGHT AT ADVENTURE BAY**
FRIDAY MAY 15, 2015
4:00 PM - 8:00 PM

SHOW YOUR HOSPITAL ID BADGE & RECEIVE A
DISCOUNTED RATE OF \$8.50
PER PERSON FOR WRH EMPLOYEES & FAMILY MEMBERS
DON'T FORGET TO BRING THE KIDS!
WHAT A GREAT WAY TO KICK-OFF THE
LONG WEEKEND IN MAY

Adventure Bay Family Water Park
401 Pitt St. W., Windsor ON. 519-974-2782
www.adventurebay.ca #AdBay

Sante
A TOAST TO YOUR HEALTH
A SAMPLING OF LOCAL FOOD & LOCAL WINE

**THURSDAY
MAY 14/2015**
7:00PM - 10:00PM
CIOCIARO CLUB OF WINDSOR
3745 North Talbot Road

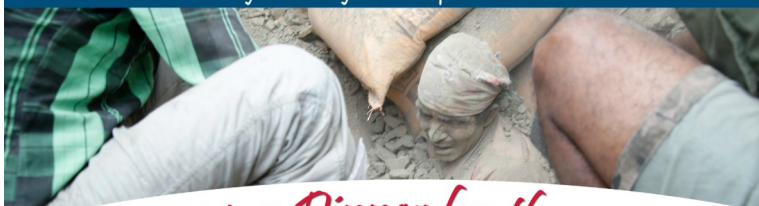
TICKETS: \$35 EACH
For tickets please visit
www.wrhsante.ca
or call 519-973-4433



www.wrhsante.ca

PROCEEDS FROM THE EVENT TO BENEFIT WINDSOR REGIONAL HOSPITAL IN PURCHASING MUCH NEEDED OPERATING ROOM EQUIPMENT FOR WINDSOR REGIONAL HOSPITAL

every bit of your help counts...



Fund Raising Dinner for the victims of Nepal Earthquake 2015

on April 25, 2015, magnitude 7.8 earthquake struck central Nepal and surrounding regions.

More than 100 aftershocks, including a magnitude-6.7 temblor, have hindered rescue efforts and terrorized residents sleeping in open squares and parks.

Hundreds of people are still considered missing and more than 450,000 are displaced. 8 Million People Impacted.

Total death 6105, injured 7605 & increasing, Death number can reach upto 10,000.

Lost most of the monuments that had been designated as World Heritage Sites.

Venue : Optimist Community Center
1275 ypres ave, N8W 1S1
Windsor, ON

Date : Friday, May 8, 2015
Time : 6 p.m to 9 p.m



For dinner tickets, donations, & other information please contact Sajjan Aryal or Madalasa Aryal at 519-962-9902; email: sajjan10@hotmail.com

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