



# 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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STEP UP YOUR GAME AND  
REGISTER TODAY!

## 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

[www.wrh.on.ca](http://www.wrh.on.ca)

## BLUE MONDAY

Blue Monday is a name given to a date in January  
considered to be the most depressing day of the year. The  
date was devised using the following 'mathematical'  
formula:

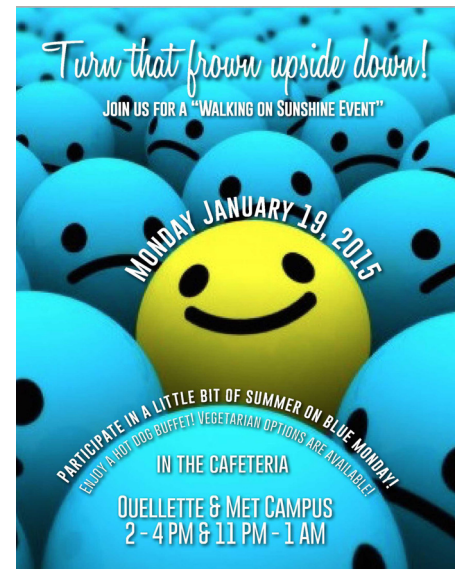
$$\frac{[W + (D-d)] \times T^Q}{M \times N_A}$$

Weather (W), debt (d), time since Christmas (T), time since  
failing our New Year's resolutions (Q), low motivational  
levels (M) and the feeling of a need to take action (Na).  
Essentially, the Christmas glow has faded away, New Year's  
resolutions have been broken, cold winter weather has set  
in and credit card bills arrive.

Six years ago, Windsor Regional Hospital started to recognize  
Blue Monday. This year we will be holding "Walking on  
Sunshine Picnics" on Blue Monday - January 19<sup>th</sup> at each  
site - from 2pm to 4pm and from 11pm to 1pm in an effort to  
accommodate all shifts. Join us in the cafeteria at either  
Campus for a hot dog/chips buffet (vegetarian options  
available).

Whether you are feeling 'blue' or not, join your colleagues  
for a little taste of summer in January.

Visit the WRH Intranet site under "Of Current Interest" for  
more details.



k14629055 fotosearch.com



# UPCOMING EVENTS

mark your calendars

**JAN 18** **The DREAM CLIMB**  
Time: All day event  
Chrysler Building  
One Riverside Drive West, Windsor

**JAN 31** **Transition To Betterness Goes Punk Gala**  
Ciociaro Club of Windsor  
3475 North Talbot Road, Windsor

**FEB 07** **In Honour Of The Ones We Love Gala**  
Time: 6:00pm  
Ciociaro Club of Windsor  
3475 North Service Road, Windsor

**FEB 11** **Hats On For Healthcare**  
Time: All day event  
Throughout Windsor-Essex community  
Windsor Regional Hospital, Met & Ouellette



**Sante**  
A TOAST TO YOUR HEALTH

A SAMPLING OF LOCAL FLAVOUR & LOCAL WINE

THURSDAY, MAY 14, 2015  
7:00PM  
CIOCIARO CLUB OF WINDSOR

[www.wrhsante.ca](http://www.wrhsante.ca)

PROCEEDS BENEFIT THE WINDSOR-ESSEX HOSPITALS FOUNDATION



MAKE A DIFFERENCE IN WINDSOR-ESSEX

SUPPORT THE RENAL PROGRAM

SUPPORT LOCAL HEALTH CARE

I SUPPORT HATS ON FOR HEALTHCARE

## "HATS ON" FOR HEALTHCARE

WEDNESDAY, FEBRUARY 11, 2015

2015 CAMPAIGN SUPPORTING THE WINDSOR/ESSEX HOSPITALS FOUNDATION

Hats On For Healthcare Day is a fundraising initiative in its 6th year supporting the Windsor/Essex Hospitals Foundation and it services that it provides to the residents of the Windsor-Essex region. Individuals, organizations and companies can either participate by having their staff fundraise, sponsor the event or both.

Participating individuals, organizations, companies, together with their employees, members and clients are invited to put on their unique and creative head attire, make a \$2.00 donation and take part in the many entertaining activities to help raise funds for the Windsor/Essex Hospitals Foundation, more specifically the Renal Program provided throughout the Windsor-Essex community.

Participating in the 2015 "Hats On For Healthcare" is a great way for you or your company/organization to support the Windsor/Essex Hospitals Foundation and show the community that you or your company or organization and employees care about healthcare in your community.

For more information, please contact us at 519-973-4433 or fax to 519-973-5880

Register today at [www.hatsonforhealthcare.com](http://www.hatsonforhealthcare.com)

# Lentil & Mushroom Ragu

**YIELD: 6 servings**  
**PREP TIME: 10 min / COOK TIME: 40 min**

### INGREDIENTS:

- 2 tbsp olive oil
- 12 ounces button mushrooms, sliced
- 4 garlic cloves, minced
- 1 large carrot, chopped
- 1/2 green bell pepper, chopped
- 1/2 medium yellow onion, chopped
- 1/4 cup red wine
- 1 can (28 ounces) crushed tomatoes
- 1 cup brown lentils, rinsed
- 1/2 tsp kosher salt
- 1/4 tsp red pepper flakes
- 1 box (16 ounces) spaghetti
- Chopped fresh parsley, for garnish
- 1 bay leaf
- 2 cups water
- 2 teaspoons dried oregano
- 1/4 tsp ground black pepper
- 1 tbsp chopped fresh basil
- Grated parmesan cheese



### DIRECTIONS:

In large saucepot, heat oil over medium-high heat. Add mushrooms, garlic, carrot, bell pepper and onion. Cook until vegetables are very brown and soft, about 15 to 20 minutes, stirring frequently. Add wine; cook 1 minute, stirring constantly. Use wooden spoon to scrape browned bits from bottom of pan. Stir in bay leaf, crushed tomatoes, water, lentils, oregano, salt, black pepper and red pepper flakes. Heat to boiling, then reduce heat to medium-low. Simmer until lentils are tender, about 25 minutes, stirring occasionally. Add more water, as needed, if ragu gets too thick. Remove bay leaf and stir in basil. Meanwhile, prepare spaghetti according to package directions. Serve ragu over spaghetti. Garnish with parsley and serve with Parmesan cheese.

### NUTRIENTS Per Serving (not adding Parmesan Cheese):

Calories: 489; Protein: 21 grams; Fat: 6 grams; Carbohydrates: 79 grams; Sodium: 407 mg; Fibre 14g  
**Weight Watchers PointsPlus = 11 / Weight Watchers Points = 9**



## RENEW

resources | education | nutrition | exercise | wellness

To register, please call

519-254-5577 x 52800  
or [renew@wrh.on.ca](mailto:renew@wrh.on.ca)



## A Life After Cancer Educational Series

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

### Part I : Surviving, Now What?

Winter Series: January 29, 2015  
Spring Series: April 9, 2015

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

### Part II : Eating for a Healthy

Winter Series: February 12, 2015  
Spring Series: April 16, 2015

- Dealing with effects of treatment on your eating.
- Myths about food and cancer.
- Benefits of nutrition and healthy eating.
- Foods that make a difference.

### Part III : Be Active, Be Healthy

Winter Series: February 19, 2015  
Spring Series: April 23, 2015

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

### Part IV : Cancer & Your Family Tree

Winter Series: February 26, 2015  
Spring Series: April 30, 2015

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

## PROVIDING OUTSTANDING CARE TO WINDSOR-ESSEX



**Nicole Ziter**  
REGISTERED NURSE  
MEDICINE 3



**Rafet Al-Sayeigh**  
REG. PRACTICAL NURSE  
ACCESS & RESTORE



**Meiray Khoury**  
REGISTERED NURSE  
8 EAST



**James Daabou**  
REGISTERED NURSE  
MEDICINE 2

# New IT Service Desk Hours

To better meet customer needs, TransForm is excited to announce a three-month trial to extend the hours of operation for the regional service desk beginning on January 5, 2015. Hospital employees will now be able to speak with a service desk representative regarding their IT needs from 7:00 am to 8:00 pm, Monday to Friday.

During the extended evening hours, service desk representatives will be able to provide basic services to customers such as password resets. Additionally, the service desk will triage calls for escalation to the on-call technical support technician for urgent after-hours issues or document and log tickets to onsite support for prioritization and follow up during regular business hours. IT Technical Support hours of operation are not impacted by the above change and will remain status quo at each of the member organizations.

**New IT Service Desk Hours Effective January 5, 2014  
7:00 am – 8:00 pm Monday through Friday**

Please log a ticket through the TransForm Support Portal located on your Citrix main page or call ext. 7771 to speak with a service desk representative or leave a voicemail.

**After Hours Support Requests**

8:00 pm – 7:00 am Monday to Friday  
Weekends and Holidays

For urgent after hours support, please contact 1-866-822-4521



**'Clean Your Hands Hygiene Audit' Training Available to all staff!**

Email Erika Vitale at [Erika.vitale@wrh.on.ca](mailto:Erika.vitale@wrh.on.ca) or call extension 33835 to confirm a spot in one of the following time slots.

Date	Campus	Time	Location
Jan. 14	Ouellette	13:00 - 14:30	Maidstone Room
Feb. 11	Met	13:00 - 14:30	Auditorium A
Mar. 11	Ouellette	13:00 - 14:30	Maidstone Room
Apr. 8	Met	13:00 - 14:30	Auditorium A
May 13	Ouellette	13:00 - 14:30	Maidstone Room
June 10	Met	13:00 - 14:30	Auditorium A

# Congrats To Our Ugly Sweater Contest Winners



**Michelle Gagnier (OR)**  
Winner Met Campus



**Christina Sandor (Guest Serv.)**  
Winner, Ouellette Campus



**Linda Morrow**  
Learning & Workplace Development  
Honourable Mention



**Kim Fralick (Oncology)**  
Honourable Mention (Sweater lit up!)

**stop  
and  
sanitize**

**do your part to reduce  
the spread of infection**



Windsor Regional Hospital believes that Infection Prevention and Control is vital to patient safety. ALL persons working at both campuses of the hospital must have a RESPONSIBILITY to practice good infection prevention and control.

All staff, patients and visitors are asked to perform hand hygiene when entering/exiting the hospital.

**Greg Monforton**  
AND PARTNERS  
**INJURY LAWYERS**

FUNDRAISING EVENT TO BENEFIT THE:



**WINDSOR/ESSEX  
HOSPITALS  
FOUNDATION**

EVENT BUILDING SPONSORED BY:



# STEP UP YOUR GAME! REGISTRATION: \$25.00

DREAMCLIMB INVITES THE WINDSOR AND ESSEX COUNTY COMMUNITY TO TAKE PART IN A WALK OR RUN OF THE STAIRWELL (13 FLOORS) AT 1 RIVERSIDE DRIVE WEST (CHRYSLER CANADA OFFICES)

# DREAM CLIMB 2015

## SUNDAY, JANUARY 18, 2015

ONE RIVERSIDE DRIVE WEST BUILDING • DOWNTOWN WINDSOR

The DREAMCLIMB is a fundraising event where participants climb the stairs of the One Riverside Drive West building while raising much needed funds for the Windsor/Essex Hospitals Foundation benefiting the Neurosciences Program.



**Medtronic**



DR. DANTE MORASSUTTI MEDICINE PROFESSIONAL CORPORATION



cutting through complexity



To register or donate, call 519-973-4433 or [www.dreamclimb.ca](http://www.dreamclimb.ca)