



FRONTLINE TRIBUNE

JUNE 15, 2015

VOLUME 3 / EDITION 24



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** - PAN AM TORCH RELAY TO STOP AT OUELLETTE CAMPUS
- PAGE 2** - HEALTH LIVING RECIPE
- INFECTIOUS DISEASE CONFERENCE
- WRH NEW HIRES
- PAGE 3** - TEACHING KIDS ABOUT BIKE AND PEDESTRIAN SAFETY
- HOSPITAL BLOOD CHALLENGE
- DRAGONBOAT PASTA FUNDRAISER
- PAGE 4** - TOTAL BODY BOOTY BOOTCAMP
- CEDAR POINT PROMOTION
- INTEGRATION PAIN TREATMENT
- KALAHARI PROMOTION

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!!!!

Pan Am Torch Relay To Stop At Ouellette Campus

The 2015 Pan-Am Games are coming to Toronto – but not before the Torch Relay stops at Windsor Regional Hospital!

The flame for the Toronto 2015 Pan Am Games will make a stop at Healing Garden of the Ouellette campus at 9:40 am on Wednesday, June 17th. (In the event of rain, the ceremony will be held inside the Ouellette cafeteria).

Everyone is welcome to attend and bring their loved ones for the ceremony, where Janet Elder, a Hospice of Windsor and Essex County nurse, will run into the garden carrying the flame.

Flags will be handed out to those in attendance and there are opportunities for photos with a replica torch being gifted to the hospital, a TO2015 banner and with Toronto 2015's mascot, PACHI the Porcupine!

Windsor Regional Hospital would like to thank CIBC for choosing the hospital as one of their torch relay community celebrations.

See you on Wednesday!



TORONTO 2015
Pan Am/Parapan Am

LEAD PARTNER



Get Connected with Windsor Regional Hospital!

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

UPCOMING EVENTS

- JUN 17** **A Day For A Life Golf Tournament**
Time: 11:00am
Kingsville Golf & Country Club
640 County Road 20, Kingsville
- JUN 22** **2015 LaSalle Police Golf Classic**
Essex Golf & Country Club
7555 Matchette Road, LaSalle
- JUL 18** **Dragon Boats For The Cure**
Waterfront Park
13161 Tecumseh Road East, Tecumseh
- JUL 19** **Dragon Boats For The Cure**
Waterfront Park
13161 Tecumseh Road East, Tecumseh
- JUL 20** **Rafih Auto Group**
4th Annual Charity Golf Tournament
Beach Grove Country Club
14134 Riverside Drive East, Tecumseh
- JUL 26** **Running From Cancer**
Time: 7:00am
Tecumseh Arena
12021 McNorton, Tecumseh
- AUG 15** **Peddling For A Purpose Glow Ride**
Time: 9:15pm
Riverside Sportmen's Club
10835 Riverside Drive East
- AUG 28** **Return From Africa**
Fogolar Furlan Club
1800 North Service Road, Windsor
- SEP 23** **Infectious Disease Conference**
Time: 9:00am
Giovanni Caboto Club
2175 Parent Avenue, Windsor



High-risk activities are addressed in IPAC policies and procedures. Some examples are aerosol-generating medical procedures; handling spills, specimens, and sharps; and exposure to contaminated medical devices/equipment and waste.

Marinated Veggie Kabobs

Makes 6 servings
Preparation Time: 20 min / Cooking Time: 10 min



If cooking on the BBQ remember to soak your skewers for a few hours or over night.

- Ingredients**
- 2 cups cremini mushrooms
 - 1 cup cherry tomatoes
 - 1 red bell pepper, chopped
 - 1 green bell pepper, chopped
 - 1 red onion, chopped
 - 1 zucchini, sliced
 - 1 yellow zucchini, sliced

- Marinade**
- 1/4 cup olive oil - 3 cloves garlic, pressed
 - Juice of 1 lemon - 1/2 tsp dried oregano
 - 1/2 tsp dried basil - Kosher salt and freshly ground black pepper, to taste

Method

If cooking in the oven, preheat oven to 400 degrees F. If cooking on the BBQ turn it on medium high heat. In a small bowl, whisk together olive oil, garlic, lemon juice, oregano and basil; season with salt and pepper, to taste. Thread mushrooms, tomatoes, bell peppers, onion and zucchini onto skewers. Place skewers onto a baking sheet. Brush olive oil mixture onto the skewers and let sit for 10-15 minutes. Place into oven and cook until tender, about 10-12 minutes.* If grilling on the BBQ grill 5-6 minutes per side. Serve immediately.

NUTRIENTS Per Serving (1 skewer) :
Calories: 127 ; Protein: 2.3 g; Total Fat: 9.5 g; Carbohydrates: 10 g; Fibre: 2.3; Sodium: 11.1mg

Infectious Disease Conference

Save the Date

Hosted by the Windsor-Essex Infection Prevention and Control Committee

Wednesday September 23, 2015
9 a.m. to 4 p.m.

Giovanni Caboto Club | 2175 Parent Avenue, Windsor, Ontario N8X 4K2

REGISTRATION
Please check on the Windsor-Essex County Health Unit's website for the online registration in the next few months.
Registration will be limited to 250 participants.
\$60 per person includes a continental breakfast and lunch.
www.wechu.org



PROVIDING OUTSTANDING CARE TO WINDSOR-ESSEX



Amandeep Waraich
MAN., CLINICAL ENGINEERING BIOMEDICAL



Kelly Markham
MANAGER 2 NORTH



Roselle Vinuya
REGISTERED NURSE CLINICAL CARE



Nicole Dufault
REGISTERED NURSE 4 MEDICAL

Teaching Kids About Bike And Pedestrian Safety

WRH was proud to support the efforts of the Windsor-Essex County Injury Prevention Coalition (WECIPC) on June 11th as they held a bike and pedestrian safety event for Grade 4 students from various local schools.

Diane Bradford, WRH's Manager of the Regional Trauma Program and Injury Prevention, and co-chair of the coalition, said the event was part of the Ministry of Transportation's annual Road Safety Challenge (RSC). The goal of RSC is to raise awareness of road safety issues at the local level through special activities. Partners for the event included the County Wide Active Transportation System, which is planning new bike paths around Essex County over the next 20 years to enable more people to walk and ride across the County.

The event covered a number of topics such as rules of the road, helmet safety, the basics of bike maintenance and pedestrian safety. Four schools attended the event: two from the County of Essex and two for the City of Windsor.

Also as part of RSC, bus ads were displayed on City of Windsor buses to raise awareness of the importance of being visible when biking with a "Be Safe, Be Seen" message.

Ongoing education and information on road safety is provided by the WECIPC and programs such as the Brain Injury Association of Windsor and Essex County Helmets on Kids. The vision of WECIPC is "to make Windsor and Essex County the safest place to live, work, and play," said Diane Bradford. "Through the dedication of all our community partners and the support from MTO, we are one step closer to achieving our vision."

For more information on the Road Safety Challenge, please contact Diane Bradford at 519-973-4411 ext.37818 or diane.bradford@wrh.on.ca



Canadian Blood Services
it's in you to give

HOSPITAL CHALLENGE

(Major Hospitals in South Central Ontario participating)

Donate Blood
June 8th - July 31st

Everyone is welcome to participate (professional staff, front line staff, volunteers and those wishing to support the hospital).

When donating, bring ID & mention
Windsor Regional Hospital to get counted!

Go to www.blood.ca to find a clinic near you
or visit www.wrh.on.ca for more information.

PASTA FUNDRAISER

July 10th

Where:
Fogolar Furlan
Club

Please come out and support
our Breast Health Center
Dragon Boat Team
"Main Squeeze"

Doors open @ 6:00pm (Dinner @ 6:30pm)
Tickets can be purchased through staff
at the Breast Health Center!

**INTERNATIONAL
DRAGON
BOAT
FOR THE CURE**

50/50
Draw

Adult: \$20 / Child: \$10 / Under age 3: Free / Cash bar



WINDSOR REGIONAL HOSPITAL SPECIAL

	JULY 31	*AUGUST 1	AUGUST 2 - 4
HUT OR DESERT ROOM	\$209	\$209	\$159
NOMAD ROOM	\$229	\$229	\$179
AFRICAN QUEEN SUITE	\$399	\$399	\$299
COMBINATION SUITE	\$479	\$479	\$349

Join us at Kalahari Waterpark Resort in Sandusky, Ohio for a special family getaway weekend! All standard reservations include waterpark passes for each registered guest. Start your registration by calling 877.525.2427 and mention Booking Code 23651.

ALL GUESTS RESPONSIBLE FOR ALL APPLICABLE TAXES. RESORT FEE \$14.99 PER ROOM. *NO SATURDAY ONLY STAY. BASED ON AVAILABILITY ON THE 2015 DATES LISTED ABOVE.



KALAHARIRESORTS.COM / 1-877-KALAHARI / SANDUSKY, OHIO
LOCATED ON RT. 250, JUST NORTH OF I-80, EXIT 118

Integrative Pain Treatment

Empowering people to optimize their health and put a "DENT" in their pain.



Keynote Speaker: Dr. Trish Murray

Doctor Murray is a physician in the Mount Washington Valley, New Hampshire specializing in Neuromusculoskeletal Medicine and Osteopathic Manipulative Medicine including conservative and holistic treatment of pain. She looks for the root cause of a person's pain and educates them on how to put a "DENT" in their pain.

SUNDAY, JUNE 28, 2015

12:45pm - 2:15pm, Met Campus Auditorium
General Public: \$15.00 each / Staff: \$12.00 each

- Diet:** Learn how inflammation, toxins, and autoimmunity can cause your system to be on fire and how to use dietary changes to put this fire out.
- Exercise:** Movement is imperative to healing. Learn how even gentle stretching can make a difference in your pain.
- Nutrition:** Learn what foods and what supplements are necessary to optimize your nutritional state to allow for self healing.
- Treatment:** 95% of our health is self-care incorporated in diet, exercise and nutrition; but 5% of the time we do need help and different options for pain treatment will be discussed.

For more information, please contact 226-344-8102 or weccpc@hotmail.com

NEW FOR 2015
ROUGAROU
IT FEEDS ON SCREAMS

www.cedarpoint.com/affiliates
username: WINDSORRH
password: wrh2015

The username and password are case sensitive

Cedar Point
THE ROLLER COASTER CAPITAL OF THE WORLD
SANDUSKY, OHIO EST. 1870

Cedar Point Amusement Park/Resort • Sandusky, OH • cedarpoint.com

Total BODY and BOOTY Bootcamp

Target those glute and thigh muscles!
Increase strength!
Get your heart rate up!

All in **10 WEEKS!!**

Mondays and Wednesdays starting June 22
12:00-12:30, 12:30-1:00pm or 12:00 to 1:00pm,
Met Campus (Schedule will be sent)
2 X 30 minutes per week: \$70
2 X 60 minutes: \$140
Cost to be deducted from your pay

If you attend 80% of the classes you will be reimbursed 50% of the cost!

Registration Deadline: June 19, 2015
A minimum of 15 participants is required.
Go to the Healthy Lifestyles website to register now!