



# FRONTLINE TRIBUNE

JUNE 22, 2015

VOLUME 3 / EDITION 25



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 IGNITES EXCITEMENT AT WRH

**PAGE 2** - HEALTH LIVING RECIPE  
- CLOTHING CLOSET NEEDS HELP  
- WRH NEW HIRES

**PAGE 3** - A DAY IN THE LIFE GOLF TOURNAMENT RAISES AWARENESS  
- TOTAL BODY BOOTY BOOTCAMP  
- PEDALING FOR A PURPOSE

**PAGE 4** - CANADA DAY PROMOTION  
- 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](mailto:frontlinetribune@wrh.on.ca)

**Ron Foster, Editor**  
[ron.foster@wrh.on.ca](mailto:ron.foster@wrh.on.ca)  
519-254-5577 ext.33855

**Gisele Seguin**  
[gisele.seguin@wrh.on.ca](mailto:gisele.seguin@wrh.on.ca)  
519-254-5577 ext.32553

**Steve Erwin**  
[steve.erwin@wrh.on.ca](mailto:steve.erwin@wrh.on.ca)  
519-254-5577 ext.33350

**David Lenz**  
[david.lenz@wrh.on.ca](mailto: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 Ignites Excitement

Windsor Regional Hospital staff and more than 100 students from a local public school were thrilled on June 17<sup>th</sup> to be part of the 2015 Pan Am Games Torch Relay at Ouellette campus.

The flame for the TO2015 Games came to the Healing Garden, where Janet Elder, a Hospice of Windsor and Essex County nurse who also works with patients at WRH, ran into the garden carrying the flame in honour of her late brother who died of cancer.

She was greeted by dozens of enthusiastic Grade 2, 3 and 4 students from nearby Queen Victoria Public School, who arrived holding many signs promoting Team Canada at the upcoming Games in Toronto, along with local Olympian, boxer Mary Spencer.

Flags were handed out to those in attendance and staff and students posed for many photos with a replica torch gifted to the hospital and TO2015's mascot, PACHI the Porcupine!

WRH would like to thank CIBC for choosing Windsor Regional Hospital as part of their torch relay community celebrations.

Good luck to our Canadian athletes at next month's Pan Am Games in Toronto!



TORONTO 2015  
Pan Am/Parapan Am

LEAD PARTNER



Get Connected with Windsor Regional Hospital!

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

# UPCOMING EVENTS

- 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



All WRH staff have a link located in their "Clinicals" folder entitled "IPAC Policies and Procedures". This allows easy access to infection control related policy.

## Mini Turkey Burgers

Makes 12 servings  
**Preparation Time: 20 min**  
**Cooking Time: 12 min**



### Ingredients

- 1-1/2 lb (750 g) ground turkey
- 1 Egg, lightly beaten
- 1/4 cup (50 ml) dry bread crumbs
- 1 small Onion, diced
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) pepper

### Method

In bowl, combine turkey, egg, bread crumbs, onion, salt and pepper.

Shape into 12 small patties, about 3 inches (8 cm) in diameter.

Barbecue, broil or pan-fry in skillet until a instant read digital thermometer reads 160°F (71°C), 3 to 4 minutes per side.

Sandwich in bun, with desired topping.

### Alternatives:

Can substitute ground turkey for ground beef or ground chicken

### NUTRIENTS Per Serving (1 patty and 1 mini bun :

Calories: 182 ; Protein: 13.6 g; Total Fat: 6 g; Carbohydrates: 18.9 g; Fibre: 0.9g; Sodium: 213mg

**The Clothing Closet at the Ouellette would like to request support in replenishing their stock of shoes that we provide to patients in need.**

We are looking for the following:

Running Shoes or closed shoes with rubber on the bottom

Male – Sizes 10, 11, 12

Female – Sizes 7, 8, 9, 10

As we would love to take all donations, for infection control purposes we will only be able to accept new shoes that have not been worn.

If you should have any donations you can bring them to the Spiritual Care Department at the Ouellette Campus. Any assistance with the above items would assist our patients to discharge with proper footwear.

**The Daily Grill is now open on Saturdays  
8:00am to 2:00pm at the Met Campus.**

## INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



**Dania Ingram**  
UNIT CLERK  
8 WEST



**Kyle Andrian**  
REGISTERED NURSE  
SURGICAL UNIT



**Haissam Kaddouh**  
BIOMEDICAL TECH  
BIOMEDICINE



**Patricia Nguyen**  
PHARMACY INTERN  
PHARMACY

# Golf Tournament Raises Gift of Life Awareness

Some 200 golfers hit the green at Kingsville Golf and Country Club on June 17<sup>th</sup> for the annual A Day for a Life golf tournament, an annual celebration of the importance of organ donation.

The event honours the memory of Trevor Louis Funkenhauser, and proceeds raised from the event continue to support awareness campaigns to increase the number of registered organ and tissue donors. Funds also go towards maintenance of the ICU waiting room at Ouellette campus, which was renovated several years ago and named in Trevor's honour.

Speakers at dinner included Heather St. Pierre, who is on a transplant waiting list; Kaidyn Blair, a 12-year liver transplant survivor; and Heather Ledoux, whose daughter Emily received a transplant last year.

Windsor Regional Hospital is proud to support the tremendous efforts of Gunther and Judith Funkenhauser and their many families and friends who have been so extremely committed to speaking up about the importance of registering consent for organ donation.

Make sure you are registered - you could save a life. Go to [www.beadonor.ca](http://www.beadonor.ca) it takes two minutes and all you need is your health card!

**beadonor.ca**



Join the **Windsor Essex County Cancer Centre Foundation** in the fight against cancer.

## Pedaling for a Purpose **GLOW RIDE**

A night time glow ride along the Ganatchio Trail



Windsor Essex County  
Cancer Centre Foundation  
2220 Kildare Rd., Windsor, ON N8W 2X3  
Phone: 519-253-3191  
Ext. 58634# or 58559#  
OR EMAIL AT  
foundation@wrh.on.ca  
windsorcancerfoundation.org

**Saturday, August 15<sup>th</sup>**

Registration & Bike Decorating  
Station opens @ 7:00pm  
Children's Ride @ 8:30pm  
Adult & Family Ride @ 9:15pm

**Riverside Sportsmen's Club**  
10835 Riverside Dr. E., Windsor

**Proud SPONSORS:**

LISA & BRIAN SCHWAB



Sign up or Donate ONLINE at:  
[WWW.GLOWRIDE.CA](http://WWW.GLOWRIDE.CA)

# 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!*

# 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



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

ADVENTURE BAY SAYS "HAPPY BIRTHDAY, CANADA!!!"



McDonald's Restaurants proudly hosts  
**CANADA DAY**  
at ADVENTURE BAY

**Wednesday July 1, 2015**  
**10AM to 8PM**



**Discounted  
Admission**

**\$12 Adults ♦ \$7 Children Under 12**  
\$2 from each Admission donated to support  
Ronald McDonald House (Windsor, ON)



Adventure Bay Family Water Park Presented by WFCU  
401 Pitt Street West ♦ Windsor, ON  
519-974-2782 (AQUA) ♦ www.adventurebay.ca ♦ #AdBay