

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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To contribute a news tip, story or advertisement in the next issue, please email us at:

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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!









LEAD PARTNER







2015 LaSalle Police Golf Classic

Essex Golf & Country Club 7555 Matchette Road, LaSalle

**Dragon Boats For The Cure** Waterfront Park

13161 Tecumseh Road East, Tecumseh

**Dragon Boats For The Cure** 

Waterfront Park 13161 Tecumseh Road East, Tecumseh

Rafih Auto Group

4th Annual Charity Golf Tournament Beach Grove Country Club 14134 Riverside Drive East, Tecumseh

**Running From Cancer** 

Time: 7:00am Tecumseh Arena

12021 McNorton, Tecumseh

UG Peddling For A Purpose Glow Ride

Time: 9:15pm Riverside Sportmen's Club 10835 Riverside Drive East

AUG Return From Africa

Fogolar Furlan Club 1800 North Service Road, Windsor

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



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  $17^{th}$  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.

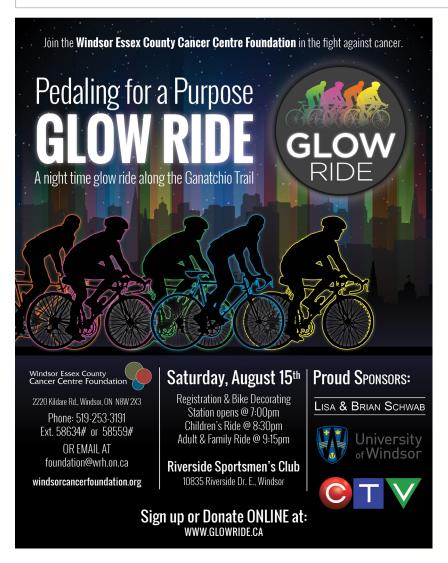
Windsor Regional Hospital is proud to support the tremendous efforts of Gunther and Judith Funkenhauser and their many families and friends who have been so extremely committed to speaking up about the importance of registering consent for organ donation.

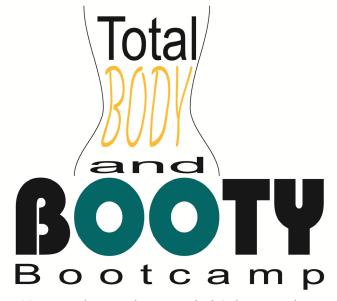
Make sure you are registered - you could save a life. Go to <a href="https://www.beadonor.ca">www.beadonor.ca</a> it takes two minutes and all you need is your health card!





# beadonor.ca





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!







### **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

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