



FRONTLINE TRIBUNE

JANUARY 19, 2015

VOLUME 3 / EDITION 3



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

PAGE 1 - WINDSOR REGIONAL HOSPITAL
COMMENTS ON INFLUENZA

PAGE 2 - HEALTHY EATING RECIPE
- RENEW: A LIFE AFTER CANCER
EDUCATIONAL SERIES

PAGE 3 - NEED A STORY HERE
- KALAHARI WRH SPECIAL
- FOOLS IN THE RAIN

PAGE 4 - REGISTER YOUR
DEPARTMENT FOR THE 2015
HATS ON FOR HEALTHCARE

WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

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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

WRH Hospital Comments On Influenza

To date, on patients have contracted influenza while at Windsor Regional Hospital. We can confirm that 30 influenza patients have been treated at WRH, however they arrived at the hospital with the virus.

On January 7, Hôtel-Dieu Grace Healthcare (HDGH) confirmed one case of the contagious virus and we are monitoring five other suspected infections.

At the time, David Musyj commented that WRH had not seen any confirmed influenza cases. This year, the flu season has had very little impact on the hospital and its two emergency departments. This is a contrast to last year, when the high numbers of influenza patients flooded the ERs and taxed hospital resources.

On January 8, the influenza alert at HDGH was upgraded to an outbreak because of the number of suspected flu cases. All were in the Emara complex continuing care facility.

Also, retirement residences and long term care homes were affected as well with the numbers growing. As a result, both HDGH and WRH began restricting visitors. Specifically, no children under the age of 14 will be allowed to visit WRH hospital patients.

With this increase, the risk of internal transmission had increased because of the large number of influenza patients coming in and the inability to discharge some patient to facilities in the community.

To assist, WRH has requested the Erie St. Clair LHIN to open more beds. On January 9, 10 beds were opened having received verbal approval for funding.

As of January 15, 30 influenza confirmed patients have been treated at WRH. Many more with respiratory illness are being treated and waiting for results and HDGH continues to restrict visitors as it deals with the flu outbreak in three units.

"Our staff have done a great job at taking necessary precautions to limit the spread of influenza", said David Musyj, President and CEO.



UPCOMING EVENTS

mark your calendars

- JAN 20** **Blood Pressure Screening**
Met Campus
Windsor Regional Hospital
- JAN 29** **Make 2015 The Healthiest Year Ever**
Time: 6:00pm - 9:00pm
Caboto Club of Windsor
2175 Parent Avenue
- 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

Vegetable Quinoa Salad



Preparation Time: 15 minutes
Cooking Time: 10 to 20 minutes
Makes: Serves 10

INGREDIENTS:

- 500 mL/2 cups Cold water
- 2 Tomatoes, chopped
- 250 mL/1 cup Quinoa, well rinsed and drained
- 2 Large Sprigs Italian (flat-leaf) parsley (leaves only), chopped
- 1/4 English Cucumber, chopped
- 1/3 cup Chopped Red, Green, Yellow or mixed bell peppers

Vinaigrette

- 3 tbsp Extra-virgin olive oil
- 2 tbsp Freshly squeezed lemon juice
- 1 1/2 tsp Hot pepper flakes (optional)
- 1/2 tsp Salt
- 1/2 tsp Freshly ground black pepper
- 1/2 tsp Dried lavender flowers (optional)

DIRECTIONS:

In a medium saucepan, over medium heat, bring quinoa and water to a boil. Reduce heat and boil gently for 10 to 15 minutes or until the white germ separates from the seed. Cover, remove from heat and let stand for 5 minutes. Remove lid, let cool and fluff with a fork. Meanwhile, in a large bowl, combine tomatoes, parsley, cucumber and bell peppers. Stir in cooled quinoa. Prepare the vinaigrette: In a small bowl, whisk together olive oil, lemon juice, hot pepper flakes (if using), salt, pepper and lavender (if using). Pour vinaigrette over salad and toss to coat.

Optional: Add black beans or chickpeas to increase the protein and fibre content.

NUTRITION INFORMATION: Per Serving (when recipe serves 10):

Calories: 108; Protein: 2.6 grams; Fat: 5.1 grams; Carbohydrates: 13.6 grams;
Sodium: 123 mg; Fibre: 1.3 g
Weight Watchers PointsPlus = 3
Weight Watchers Points = 2

Sante
A TOAST TO YOUR HEALTH

A SAMPLING OF LOCAL FLAVOUR & LOCAL WINE

THURSDAY, MAY 14, 2015
7:00PM - 10:00PM
CIOCIARO CLUB OF WINDSOR

www.wrhsante.ca

PROCEEDS BENEFIT THE WINDSOR-ESSEX HOSPITALS FOUNDATION



RENEW
resources | education | nutrition | exercise | wellness

To register, please call

519-254-5577 x 52800
or 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

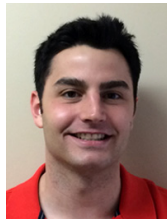
Winter Series: February 26, 2015
Spring Series: April 30, 2015

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



A respiratory or enteric (gastrointestinal) outbreak should be suspected when 2 patients that have been admitted for at least 2 days develop similar signs and symptoms within 2 days of each other.

PROVIDING OUTSTANDING CARE TO WINDSOR-ESSEX



Andrew Raheb
REGISTERED NURSE
4 MEDICAL



Christina Marini
REGISTERED NURSE
CRITICAL CARE



Kevin Silveyra
SUPERVISOR
GUEST SERVICES



Rachel Banfill
UNIT CLERK
ASSESS & RESTORE

Signs Of A Stroke Campaign

The Heart and Stroke Foundation has launched a new national campaign to help Canadians recognize the signs of stroke and act FAST.

FAST is an easy and memorable way to remember the major signs of stroke. FAST stands for **F**ace – is it drooping? **A**rms – can you raise them? **S**peech – is it slurred or jumbled? And **T**ime – to call 9-1-1 right away.

Stroke is a medical emergency. Recognizing the signs of stroke and acting quickly can mean the difference between life and death, or the difference between a full recovery and lasting disability.

Stroke is the third leading cause of death in Canada and a leading cause of disability. There are an estimated 62,000 strokes in Canada each year. That is one stroke every 9 minutes. Not enough Canadians recognize the signs of stroke and know what to do. FAST is an approach that is being used by many countries around the world with positive outcomes. In French, FAST translates to **VITE**, which stands for **V**isage, **I**ncapacité, **T**rouble de la parole and **E**xtrême urgence.

The Foundation is reaching out to Canadians with a national social media campaign, direct communication with our donors and stakeholders, and an educational TV spot that began airing in Ontario at the end of December, with the support of the Ministry of Health and Long Term Care.

For more information, visit www.heartandstroke.com

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.

Weightwatchers Let's Meet! Feb. 10

20 weeks for WRH employees for \$189.00 (WRH will pay the additional \$10 towards renewal) \$199.00 for non-hospital employees.

Register at <https://registrations.888-3-florine.com/Atwork.asp?csid=16785>

**Kalahari
RESORTS &
CONVENTIONS**

WINDSOR REGIONAL HOSPITAL SPECIAL

	MARCH 15 - 19
HUT OR DESERT ROOM	\$119
NOMAD ROOM	\$139
AFRICAN QUEEN SUITE	\$239
COMBINATION SUITE	\$289

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 23647.

ALL GUESTS RESPONSIBLE FOR ALL APPLICABLE TAXES. RESORT FEE \$14.99 PER ROOM. 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**

Cancer Care 4 Kids Presents

FOOLS IN THE RAIN

AN EVENING OF THE MUSIC OF LED ZEPPELIN
BENEFITING PAEDIATRICS ONCOLOGY

7PM SATURDAY, FEBRUARY 7, 2015

VILLANOVA FESTIVAL THEATRE
2800 County Rd. 8, LaSalle, Ontario



**TICKETS \$8 in Advance
\$10 at the Door**

Seating is Limited. No refunds due to incimate weather.

Contact CancerCare4Kids@gmail.com
for ticket information

*All proceeds for Windsor Regional Hospital
Paediatrics Oncology*



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

REGISTER YOUR DEPARTMENT TODAY AND SUPPORT THE RENAL PROGRAM!

Participating in the 6th Annual “Hats On” For Healthcare Day on Wednesday, February 11, 2015 is a great way for you to support the Windsor/Essex Hospitals Foundation and show the community that your company and employees cares about healthcare.

Over 150 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.

Register today by phone at 519-973-4433, by email at hats-on@wrh.on.ca or online at

www.hatsonforhealthcare.com