



# 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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## 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

## Nourishment Blocks Out The Blues

Staff comments are still coming in over the success of Blue Monday, a date given in January considered to be the most depressing day of the year. This year, Windsor Regional Hospital extended an invitation to professional staff, front line staff and volunteers to participate in "Walk on Sunshine Picnics" at the Ouellette and Met Campuses. The cafeterias displayed bright yellow sun flowers and provided a line of hot dogs, chips, fresh veggies and water.

There were employees in scrubs, suites and everything else representing a great cross section of hospital staff. The 'picnics' were offered in the afternoon and to the late evening staff.

Blue Monday was first designated in 2005 after Cliff Arnall, an instructor at Cardiff University calculated the last Monday in the last full week of January as the year's most depressing day. Arnall's mathematical formula takes into consideration such things as weather, hours of sunshine, debt level and the time since the passing of Christmas's excitement.

"It's a time where we see our census going up in the mental health unit just after the New Year's," said Jonathan Foster, Director of Mental Health at the Ouellette Campus. "The best way to battle hopelessness, helplessness and feeling sad is to engage in a leisure activity, sport, exercise or family and friends."

That is what Windsor Regional Hospital provided to staff on Monday, improved mood level, stress level and an ability to cope better! Thank you Windsor Regional Hospital!



# UPCOMING EVENTS

mark your calendars

- 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
- FEB 13** **Taking The Fear Out Of Cancer**  
Time: 8:00am - 4:00pm  
Caesars Windsor, 377 Riverside Drive West

## Sweet Potato Bean Soup

If you're looking for a quick and easy way to eat well and stay healthy this year, add our savory bean soup to your recipe repertoire. Sweet potatoes, chickpeas and white beans mingle with cumin and basil for a simple soup that's packed with cancer-protective nutrients. Beans are rich in soluble and insoluble fiber, helping to stabilize blood sugar, promote intestinal health and lower your risk for colorectal cancer.

### INGREDIENTS

- 2 cartons (32 oz.) low-sodium chicken broth
- (4 med) sweet potatoes, peeled, cut into pieces
- 1 medium onion, chopped
- 3 stalks celery, sliced 1/4-inch thick
- 2 cans (15.5 oz.) (white kidney beans), rinsed
- 1 can (15.5 oz.) chickpeas, drained/rinsed
- 1/3 cup fresh basil or parsley, coarsely chopped
- 1/4 tsp. ground cumin
- 1/2 tsp. paprika
- 1 can (6oz.) tomato paste
- Salt and Pepper to taste

In large pot over high heat, pour in broth and add sweet potatoes, onion, celery, tomato paste, paprika and cumin and bring to a boil. Add salt and pepper to taste. Reduce heat and simmer until vegetables are tender, about 20-25 minutes. Stir in beans and chickpeas. Cover and simmer until beans are heated through, about 3-4 minutes. Gently stir soup until well mixed and ladle into soup bowls. Garnish with basil or parsley and serve. For creamy soup, purée a portion of the soup, return to the pot and combine well before serving.

**Makes 8 servings.**

**Per serving:** 250 calories, 3.5 g total fat (<1 g saturated fat), 42 g carbohydrate, 15 g protein, 10 g dietary fiber, 480 mg sodium.

## 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 inclement weather.  
Contact [CancerCare4Kids@gmail.com](mailto:CancerCare4Kids@gmail.com)  
for ticket information

All proceeds for Windsor Regional Hospital  
Paediatrics Oncology

## Coffee Donations For Alzheimer's

In recognition of Alzheimer's Awareness Month, all proceeds for coffee sales at the Ouellette coffee bar will be donated to the Alzheimer Society of Windsor-Essex County on Friday, January 31<sup>st</sup> from 8am to 10am.

Your choice of coffee will be provided in exchange for a donation to the organization dedicated to serving those with Alzheimer's disease, and related dementia and their caregivers in the community.

There are currently over 5,800 people diagnosed with Alzheimer's disease or related dementia in Windsor and Essex County. It is projected that these numbers will double within 25 years. Over 100 years after discovery, there is still no known cause or cure.

For more information about the Alzheimer Society of Windsor-Essex County, please visit their website at [www.alzheimer.ca/en/windsor-essex](http://www.alzheimer.ca/en/windsor-essex).



**Alzheimer Society**  
WINDSOR-ESSEX COUNTY

## PROVIDING OUTSTANDING CARE TO WINDSOR-ESSEX



**Peter Grenier**  
HOUSEKEEPER  
GUEST SERVICES



**Amber Stachow**  
SONOGRAPHER  
DIAGNOSTIC IMAGING



**Lana Lukic**  
REGISTERED NURSE  
7 WEST



**William Mowbray**  
REGISTERED NURSE  
CARDIAC CATH LAB



**Nosocomial bloodstream infections prolong hospitalization by a mean of seven days, have an estimated cost of \$30,000 US dollars, and an attributable mortality of up to 20%.**

## A Dream Come True!

The first Dream Climb – ‘Step Up Your Game’ fundraiser for the Neurosciences Program at the Ouellette Campus of Windsor Regional Hospital was a resounding success!

Held on January 18<sup>th</sup> at the downtown Chrysler Building, over 150 eager and energetic participants walked or ran the 13 floors of the stairway over a two-hour continuous period.

“This is a unique winter run/walk event as it motivates those who may have made a new year’s resolution to improving their health or just wanting to get in an enthusiastic exercise in a non-traditional time of year.” said Richard Vennettilli, one of the event organizers and, Vice Chair of Windsor/Essex Hospitals Foundation.

Registered participants also took part in other activities as part of Dream Climb including services offered by Loaring Physiotherapy, Sabga Physiotherapy and Community Chiropractic Services.

A key sponsor was Greg Monforton & Partners Injury Lawyers who, along with many other generous organizations, assisted in presenting and supporting Dream Climb 2015. Our deep appreciation also to Dr. Jeff Cohen and his wife, Beth Daly who motivated many to donate to Neurosciences and assisted in raising over \$45,000 for the program.

“This is the first step to our quest to climb Mount Kilimanjaro in July if this year.’ stated Dr. Dante Morassutti, Chief of the Neurosciences Program. Under the banner of KiliKlimb 2015, Dr. Dante Morassutti, Richard Vennettilli and Dennis Segatto, two-time kidney donor recipient have challenged each other to climb the famous Tanzanian mountain, the highest in Africa.



## TAKING THE FEAR OUT OF CANCER

### Friday February 13, 2015 CANCER EDUCATION DAY

For Primary Care Physicians, Surgeons, Internists & Sub-Specialists,  
Nurse Practitioners, Palliative Care Physicians  
& other Health Care Providers.

Caesars Windsor Conference Centre  
Mercuri & Martis Room  
377 Riverside Dr E., Windsor, Ontario

#### OBJECTIVES:

Amazing new cancer treatments and their novel side effect profiles: “Just because it’s oral doesn’t mean it’s benign.”

The increasingly prominent role of the primary health care team in maintenance therapy of cancer.

#### Special lunch-time expert panel:

When to suspect a new cancer or recurrence, and how to work it up; when to refer back to the cancer clinic.

Register by January 26, 2015 at:  
[www.WRHCancerEducationDays.com](http://www.WRHCancerEducationDays.com)

For more information contact Karen Reaume at 519-254-5577 x 58517  
or [karen.reaume@wrh.on.ca](mailto:karen.reaume@wrh.on.ca)



## AGENDA

25% of the day is dedicated to participant interaction.

#### OVERVIEW:

8 am – 9 am: Buffet, hot breakfast & registration  
9 am – 12 pm: Lecture series  
12 pm – 1 pm: Hot Lunch, Expert Panel – Come Prepared with Questions!  
1 pm – 4 pm: Lecture series

#### REGISTRATION AND WELCOME

8:00 - 9:00 Breakfast and Registration  
9:00 - 9:10 Introduction

#### LECTURE SERIES

9:10 - 9:30 It’s in Your Jeans!  
Review of the Men’s Health DAP *Dr. Junaid Yousuf*

9:30 - 9:50 Oral Therapies in Lung Cancer *Dr. Amin Kay*

9:50 - 10:10 Head & Neck Cancer Treatment *Dr. Ming Pan*

10:10 - 10:20 Questions

10:20 - 10:40 BREAK 1

10:40 - 11:00 Stereotactic Body Radiation Therapy (SBRT):  
Lung Cancer *Dr. Khalid Hirmiz*

11:00 - 11:20 Brachytherapy for Prostate Cancer *Dr. Colvin Springer*

11:20 - 11:40 Cervical Cancer: Opportunity & Optimism  
in a Deadly Disease *Dr. Ken Schneider*

11:40 - 11:50 Questions

11:50 - 12:00 LUNCH IS SERVED / BREAK

#### EXPERT PANEL - Q & A SESSIONS

12:00 - 12:30 Work-up of a suspected cancer patient  
12:30 - 1:00 When should I refer back to the cancer centre?

#### LECTURE SERIES

1:00 - 1:20 CML / Myeloproliferative Neoplasms:  
Novel Agents *Dr. Caroline Hamm*

1:20 - 1:40 Multiple Myeloma: Novel Agents *Dr. Sindu Kanjeeal*

1:40 - 2:00 Breast Cancer: Novel Agents *Dr. Swati Kulkarni*

2:00 - 2:20 Melanoma: Novel Agents *Dr. John Mathews*

2:20 - 2:30 Questions

2:30 - 2:50 BREAK 2

2:50 - 3:10 Pancreatic Cancer:  
There is a Light at the End of the Tunnel *Dr. Akmal Ghafoor*

3:10 - 3:30 Colorectal Cancer:  
What happens after 3 years? *Dr. Tarek Effki*

3:30 - 3:50 Anti-coagulation in Cancer Patients *Dr. Rasna Gupta*

3:50 - 4:00 CLOSING REMARKS / EVALUATION

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 its 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.

### - WINDSOR REGIONAL HOSPITAL DEPARTMENTS -

Sign up your department or unit to participate in “Hats ON” now!

Please call David Lenz at **519-973-4433** or email **david.lenz@wrh.on.ca**

Show the Windsor-Essex community that you support Windsor Regional Hospital!