



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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"WHAT A BLAST"

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WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

To contribute a news tip, story or
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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

"Hats On" For Healthcare Day 2015 "What A Blast!" See The Success For Yourself



UPCOMING EVENTS

mark your calendars

- MAR 11** **Hand Hygiene Audit Training**
Time: 1:00pm - 2:30pm
Maidstone Room, Ouellette Campus
Windsor Regional Hospital
- MAR 09** **Neuro-Endovascular/Neurosurgical Rounds**
Time: 4:00pm - 6:00pm
Essex Room, Ouellette Campus
Windsor Regional Hospital
- MAR 17** **Blood Pressure Screening Clinic**
Time: 12:00pm - 3:00pm
Vendor Hallway, Met Campus
Windsor Regional Hospital
- APR 08** **Hand Hygiene Audit Training**
Time: 1:00pm - 2:30pm
Auditorium Side A, Met Campus
Windsor Regional Hospital
- APR 21** **Blood Pressure Screening Clinic**
Time: 12:00pm - 3:00pm
Vendor Hallway, Ouellette Campus
Windsor Regional Hospital
- MAY 14** **Sante: A Toast To Your Health**
Time: 7:00pm
Ciociaro Club of Windsor
3475 North Service Road, Windsor

Becel Maple Mustard Salmon

Recipe Serves 4 – 1 fillet per serving

Preparation Time 10 minutes

Cooking Time 12 minutes



Ingredients

- 1 -lb. (500 g) salmon fillet, cut into 4 pieces
- 1/4 cup (60 mL) Becel® margarine*, melted
- 1/4 cup (60 mL) maple syrup
- 4 tsp. (20 mL) Dijon mustard or grainy Dijon mustard
- 1 tsp. (5 mL) low sodium soy sauce

Preparation

Preheat oven to 425°F (220°C). Arrange salmon in 8-inch (20-cm) baking dish. Microwave Becel® Buttery Taste margarine at HIGH until melted about 15 seconds. Stir in maple syrup, Dijon mustard and soy sauce. Pour over salmon. Bake until salmon flakes with a fork, about 12 minutes. Serve, if desired, with hot rice and vegetables.

NUTRIENTS Per Serving:

Calories: 118; Protein: 9.8 grams; Fat: 2.7 grams; Carbohydrates: 14.2 grams; Sodium: 362 mg **Weight Watchers PointsPlus = 10 / Weight Watchers Points = 9**

Volunteer Call For Car Seat Safety Clinics

No parent wants to drive around town or on a long trip without the peace of mind knowing your precious child cargo is safe in the back seat!

Volunteers are being sought to help teach parents about child seat safety as part of Safe Seats Save Children, a local group of individuals who are trained to inspect car seats and ensure they are installed and positioned properly. Clinics are held monthly at various locations around Windsor and Essex County.

WRH has long been a supporter of this community group. The hospital sponsored the Feb. 7th car seat clinic at the EMS station garage on Lesperance Rd., where dozens of motorists lined up for inspections!

Gioia Levesque, M.S.W., R.S.W. from the Met campus, is a long-time volunteer for Safe Seats Save Children and says many motorists are unaware of proper positioning for a car seat. Also, she advises that parents unsure of when a child has grown to the point where they can move out of a child seat into a “booster” seat can vary depending on the seat as well as the height and the weight of the child. The car seat clinics can provide this advice.

Also, Cathie Hedges, Captain, Professional Standards, Community Paramedicine & Research for Essex Windsor EMS, says the inspectors can make sure a car seat hasn't been recalled, and can also advise parents on “expiry dates” for child seats they may not be aware of. Typically, a car seat should be in use for on average about six years but again, it depends on the seat itself.

For staff interested in training to become a volunteer for Safe Seats Save Children, please contact **Gioia at ext. 57201**.

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 TO ASSIST IN PURCHASING MUCH NEEDED OPERATING ROOM EQUIPMENT



During a confirmed influenza outbreak, antiviral medication for prevention shall be offered to all patients in the outbreak-affected area who are not already ill with influenza, whether previously vaccinated or not, until the outbreak is declared over.

PROVIDING OUTSTANDING CARE TO WINDSOR-ESSEX



Stacey Schepanowski
REGISTERED NURSE
7 WEST



David Stone
SUPERVISOR
GUEST SERVICES



Chelsea Meixner
REGISTERED NURSE
FAMILY BIRTHING



Randy Sutherland
ACCOUNTING ANALYST
FINANCE

Led Zeppelin A Blast!

A receptive audience responded enthusiastically to a 2-hour plus encore presentation by band, Fools In The Rain who provided an evening of musical hits by Led Zeppelin. The Villanova Festival Theatre was alive with appreciative fans and a very happy organizer, Parker Drouillard.

Parker has been supporting Windsor Regional Hospital and Paediatric Services since he was 8 years old. Now 14, he continues to raise funds with the help of his brothers, Aiden and Matthew and dad, Doug.

The Cancer Care 4 Kids concert raised more than \$2,500 for Paediatric Oncology with the generous in-kind services of Long & McQuade Music Instruments, Vintage & Vinyl and Drew Manufacturing Consultants.



PHOTO CREDIT (left to right)
Parker Drouillard and Doug Drouillard.

Come Ride The Big Bike For Heart & Stroke

It's cold outside now but if you need help generating some warm thoughts, why not think of a Friday early evening in June where you can bike with colleagues and friends down Ouellette Ave. for a good cause?

The Heart and Stroke Foundation's "Big Bike" event will feature two teams from WRH riding on the oversize bikes Friday, June 5th at 6 pm in support of research, public education and advocacy efforts.

WRH is the region's host to the cardiac catheterization lab and the District Stroke Centre, making the partnership with Heart and Stroke Foundation a natural one, says Denise St. Louis, WRH coordinator for the District Stroke Centre Windsor-Essex.

There are spots available for two bikes, each with 29 people riding together. It's a great opportunity for camaraderie – teams can meet in advance at the Bull 'N Barrel at 670 Ouellette Avenue, a short walk after work from the Ouellette campus – all in support of a good cause. For more information and to reserve your spot, contact **Denise St. Louis at ext. 33770**.



HEART &™
STROKE
FOUNDATION



Kalahari RESORTS & CONVENTIONS

WINDSOR REGIONAL HOSPITAL SPECIAL

	MARCH 15 - 19
HUT OR DESERT ROOM	\$119
NOMAD ROOM	\$139
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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**

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Windsor Regional Hospital

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- Spacious Northwoods family suites.
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So clear your calendar, pack the swimsuits and head to Great Wolf Lodge.

For more information or reservations, visit greatwolf.com or call 866.925.WOLF (9653).
USE CORPORATE CODE: WIND819A

Valid through December 30, 2014.
Includes waterpark admission the day you arrive through the day you depart.
Must present valid work ID or documentation at check-in.

Great Wolf Lodge- Sandusky
4600 Milan Road
Sandusky, OH 44870

Offer valid only at the property and dates listed above. Valid on a per night basis and must be mentioned at time of reservation based on 2014 best available rates. Limited number of rooms available for each date. May not be valid during holiday and blackout periods or combined with any other discount or promotional offers. Multiple night minimum stay may apply. Offer based on 4 guests per room and must have one individual 21 years of age or older staying in each room. Offer is not transferable and is not redeemable for cash. Must present valid work ID or documentation at check-in. Limit of 2 rooms per valid ID. Additional charges may apply for themed and premium suites, weekends, and/or holidays.



**I SUPPORT
HATS ON
FOR HEALTHCARE**

WINDSOR/ESSEX
HOSPITALS
FOUNDATION

