

## Vertical Climb Is Challenging But Also Rewarding!

You would think that simply walking up stairs would be normal exercise for anyone. It is unless you want to take that "extra step" and challenge yourself on your personal endurance. Vertical Climb provides New Year's resolutioners with an opportunity to fulfill a commitment to improving your health.

On Sunday, January 21, you can register ([www.verticalclimb.ca](http://www.verticalclimb.ca)) and participate in a simple walk or run up the 13 floors of the FCA (Fiat Chrysler Association) facility at 1 Riverside Drive West. The event begins at 10:00 a.m. with a warm up.

Title Sponsor, Greg Monforton & Partners Injury Lawyers invite both avid runners and amateur walkers to take part in Vertical Climb 2018!

Walking up 7 stairway rotations is equal to achieving a CN Tower walk. If you complete 12 rotations, you have equalled climbing the tallest building in the world, DeBai's Burj Khalifa.

The morning event begins at 10:00 am with winner announcements around 12 noon. Afternoon competitive team climbers start at 2:00 pm with winners announced near 4:00 pm.

Challenge yourself in the New Yea, register for Vertical Climb on Sunday, January 21st at [www.verticalclimb.ca](http://www.verticalclimb.ca).

Thank you to the following sponsors for making Europro Vertical Climb a reality...Greg Monforton & Partners Injury Lawyers, Sabga Physiotherapy, Fred's Farm Fresh, Subway, Dr. Dante Morassutti Professional Medical Corporation and Guaranteed 'A' Fine Furniture.

May the course be with you.



SAVE THE DATE AND STEP UP TO THE CHALLENGE!  
**SUNDAY, JANUARY 21, 2018**  
 ONE RIVERSIDE DRIVE WEST, DOWNTOWN WINDSOR  
[WWW.VERTICALCLIMB.CA](http://WWW.VERTICALCLIMB.CA)

## RECIPE OF THE WEEK

### Winter Harvest Salad

Makes 4 servings / Preparation: 15 min / Cooking Time: 30 min

#### INGREDIENTS

- 1 lb. cubed butternut squash
- 1/2 lb. Brussels sprouts, halved
- Salt and pepper, to taste
- 6 oz bag pre-chopped kale
- 1 (14.5 oz) can chickpeas
- 2 oz soft goat cheese
- 1/4 cup pomegranate seeds
- 2 parsnips, peeled & sliced
- 1 Tbsp. extra virgin olive oil
- 1 tsp. chopped rosemary
- 4 whole garlic cloves
- 8 oz. bag fresh spinach
- 1 ripe avocado, sliced
- 4 wedges lemon

#### MAPLE CAYENNE VINEGRETTE

- 1/4 cup olive oil
- 1/4 cup apple cider vinegar
- Dash of salt and pepper
- 1 tsp Dijon mustard
- 1 tbsp maple syrup

#### DIRECTIONS

Preheat oven to 400 degrees. Drizzle 1/2 the olive oil over the butternut squash, parsnips and Brussel sprouts. Season with salt and pepper and spread evenly on a baking sheet. Roast for 30 minutes. While the vegetables are cooking, prepare the toppings and make the vinaigrette by whisking together ingredients or pulsing in a food processor/blender. Season kale, garlic and chickpeas with remaining olive oil. Once the vegetables have roasted for 30 min, remove from oven and stir thoroughly. Add chickpeas and kale and return to the oven for another 20 min, or until chickpeas are lightly toasted and kale is crispy. Divide spinach among 4 bowls and toss each with 1 tbsp vinaigrette. Top with roasted vegetables, a sprinkle of goat cheese, pomegranate seeds, sliced avocado.

#### NUTRIENTS Per Serving : (Salad with 1Tbsp dressing)

Calories: 480; Protein: 16g; Total Fat: 22 g; Carbohydrates: 61g; Sugar 20g; Fibre 15 g; Sodium 310mg



WRH Healthy Lifestyles invites you to:

## Lose Weight with Tina!

Lose weight in healthy ways, and FEED the positive thoughts that say YOU CAN!!

*It's not just about losing the weight, it's about losing the lifestyle and mindset that got you there You deserve to feel great, look great AND love your body!*

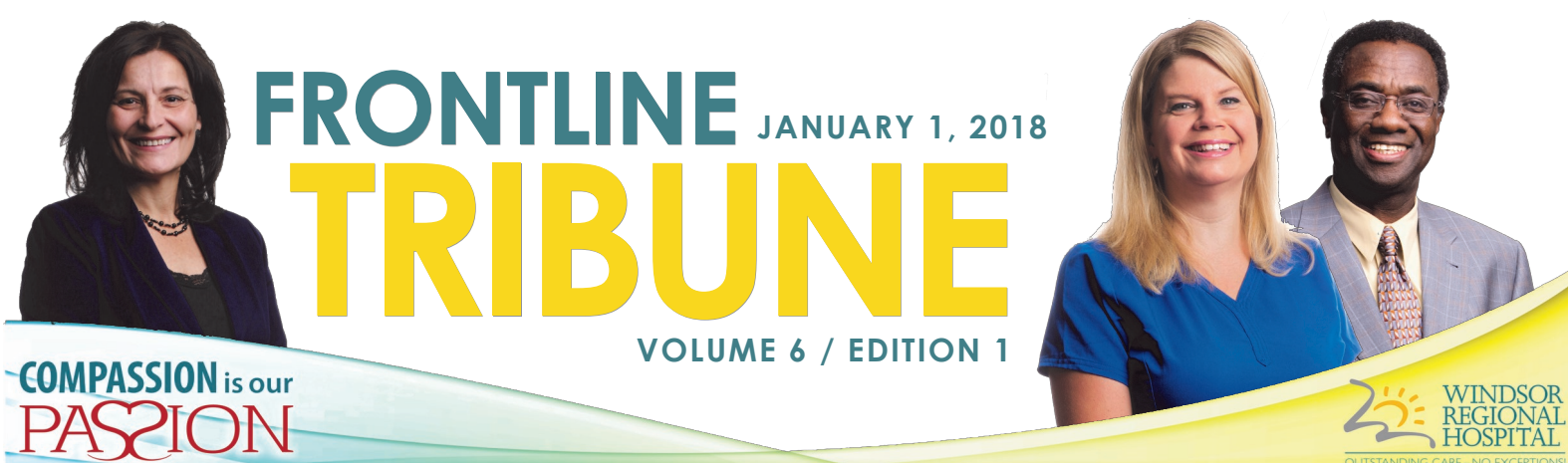
Registration: Thursday January 11th, 2018  
 Met - Vendors Hallway, 12:00pm to 1:00pm  
 Ouellette - Vendors Hallway 3:00pm to 4:00pm  
 Classes are held every Thursday unless otherwise stated  
 A schedule will be provided

This session runs for 14 weeks, Jan 18th to Apr 26th (no classes on Mar 15th)  
 WRH employees and volunteers can attend the on site classes or any of the community classes

Cost: \$130.00 Payroll Deduction available or cash payment

For more information contact:  
[loseweightwithtina@hotmail.com](mailto:loseweightwithtina@hotmail.com)  
 Tina (519) 791-1053  
[www.loseweightwithtina.com](http://www.loseweightwithtina.com)

Inspiring you to eat right & live a healthier life!



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

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### WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

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@WRHospital

### The Windsor-Essex Hospital System Highlights 2017

Looking back, 2017 can be remembered as the year the Windsor-Essex Hospitals System became a reality, instead of just a vision. At the beginning of the year, the discussion was about "IF" the project would move forward, now it's just a matter of "WHEN". Below are some highlights from the past year and a look at what's next, in 2018.

#### 2017 HIGHLIGHTS

##### 1) Financial Commitment

As part of the 2017 Ontario Budget, the government approved construction of a new acute care hospital. Windsor Regional Hospital CEO David Musy described the announcement as "Christmas in April for healthcare in Windsor-Essex."

##### 2) Health Minister says, "Let's get it built!"

In a visit to Windsor in December, Dr. Eric Hoskins, Minister of Health and Long-Term Care, cemented the move forward by announcing the project was moving to stage 2 of the 5-stage planning process. "Let's get it built!" he said to an eager crowd at the Ouellette Campus. Speaking to reporters after the announcement, Hoskins described the community engagement process for the project as "exemplary" and expressed his confidence in the site selection process used in the selection of the new hospital site.

##### 3) Infrastructure Ontario on board

In November, Infrastructure Ontario (IO) was appointed to lead the procurement process for construction of the new hospital. A Request for Qualifications (RFQ) is scheduled to be issued in 2021, subject to changes. This will be followed by a Request for Proposal (RFP). There is still plenty of work ahead, but this gives some deadlines to work toward, and a team of experienced experts to make it happen.

##### 4) Exploring new partnerships

Earlier this year, Windsor Regional Hospital and the Windsor Public Library announced plans to explore the possibility of combining their services to offer a unique library experience for community members, hospital staff, patients and families, at the new acute care hospital site when it opens.

##### 5) Sharing our story

Throughout the process, the Program and Services Steering Committee has strived to be as open, accountable and transparent as possible and include the community at every step.

This year, members of the Steering Committee have been invited to share their planning experiences on several occasions, with other Ontario hospitals that are working on major redevelopment projects.

Story continues on Page 2



Visit our website for more information at [www.wrh.on.ca](http://www.wrh.on.ca)

# UPCOMING EVENTS

- JAN 21** **EUROPRO Vertical Climb**  
FCA Chrysler Facility  
1 Riverside Drive West, Windsor
- JAN 27** **Transition To Betterness Gala**  
Caesars Windsor  
377 Riverside Drive East, Windsor
- FEB 03** **In Honour Of The One We Love Gala**  
Ciociaro Club  
3745 North Talbot Road, Windsor
- FEB 09** **W.E. Care For Kids Under The Big Top Gala**  
Caboto Club  
2175 Parent Avenue, Windsor
- MAR 03** **Windsor Express Game For Hats On For Healthcare**  
WFCU Centre  
8787 McHugh Street, Windsor
- MAR 07** **Hats On For Healthcare Day**  
www.hatsonforhealthcare.com
- MAR 07** **WRH Charity Pasta Night**  
Riverside Sportmen Club  
10835 Riverside Drive East, Windsor
- MAR 08** **International Women's Day**  
Ciociaro Club  
3745 North Talbot Road, Windsor
- MAR 14** **WRH Charity Pasta Night**  
Riverside Sportmen Club  
10835 Riverside Drive East, Windsor
- MAR 21** **WRH Charity Pasta Night**  
Riverside Sportmen Club  
10835 Riverside Drive East, Windsor



New data from the CDC suggest that each year, more people die from influenza-related respiratory illnesses than previously estimated. The study pegs the number of annual deaths between 291,000 and 646,000; prior estimates were between 250,000 and 500,000 deaths.

## The Windsor-Essex Hospital System Highlights 2017 Continued



Photo above: The Co-Chairs of the Program and Services Steering Committee speaking about community engagement at the Canadian Institute – Healthcare Infrastructure Conference in Toronto, Ontario.

### WHAT'S NEXT?

1) Getting ready to build!  
Windsor Regional Hospital is working with planning consultants to make sure that the site of the new acute care hospital is properly zoned, when it's time to build. After months of studying the area and consulting with stakeholders, a request for an amendment to the city's Official Plan and Zoning By-laws is expected to be ready for submission to the City of Windsor, early in the New Year.

2) Developing a phased in approach  
The complete plan is impossible to undertake all at once and will require a sequenced approach. As part of the planning, the Steering Committee has agreed with MOHLTC to examine the use of existing infrastructure on an interim basis.

3) Stage 2  
Planning the Windsor-Essex Hospitals System is a 5-stage process. We have completed stage 1 and are moving forward.



Stages 2 and 3 will take about 3 years to complete and this is really where the "rubber hits the road" and plans start to take shape. This will cost about 10 times what the project has cost so far, and will require about 10 times the amount of work.

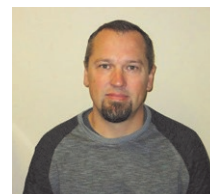
### GET INVOLVED!

Community engagement and involvement will continue be at the heart of this project going forward and everyone is encouraged to add a voice to the discussion. Sign up to the Windsor-Essex Hospitals System email list at windsorhospitals.ca for updates on the project and future opportunities to get

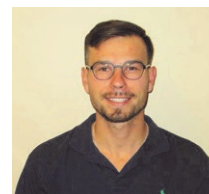
### INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



**Nadia Hadian**  
REGISTERED PRACTICAL NURSE  
OPERATING ROOM



**Shawn Sirola**  
REGISTERED PRACTICAL NURSE  
INPATIENT SURGICAL



**Maciej Dziezic**  
REGISTERED PRACTICAL NURSE  
MEDICINE



**Tuba Hasan**  
FRACTURE CLINIC VOLUNTEER  
SERVICES



## BUTT OUT BY JAN. 1

### New Year Is Here And Smoking Areas Are No Longer Here!

As noted in previous editions of our newsletter, due to Ontario law that took effect on January 1, 2018, there is now NO SMOKING allowed of any cigarettes, e-cigarettes, medical marijuana or any other tobacco product on hospital property. This means, by law, that ALL remaining Designated Smoking Areas on hospital grounds were removed before New Year's Day.

To be clear, this means smoking is NOT ALLOWED ANYWHERE on hospital property and this includes Lens Avenue at Met campus, which is NOT a public road between Kildare and Byng.

As another reminder to those who choose to smoke, remember to be neighbourly. Homeowners, particularly in the area around Met campus, have complained in the past when staff are seen smoking in close proximity to their houses, often leaving behind a trail of cigarette butts. Please be respectful of our neighbours.

We know change is difficult – and so is quitting smoking. However, there are a lot of local resources available to help you quit the habit!

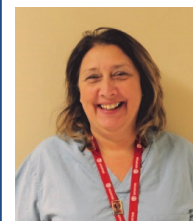
The STOP program is a great example. It's a research-based, cost-free smoking cessation workshop that will be held in Essex for County residents on January 22nd, and in Windsor on January 23rd. Eligible participants must attend one of these educational sessions and then they can be eligible for a five-week course using nicotine patches.

For more information about the STOP program, and to register and get more information about the locations of these sessions, contact the Windsor-Essex County Health Unit at 519-258-2146 ext. 3100.

For tips and resources on how to successfully kick the habit, visit

[www.wrhbuttout.ca](http://www.wrhbuttout.ca)

### Safety Spotlight Presents...



**Darlene Marcuz-Jacobs**

Meet Darlene,

Darlene has been with the hospital since 1983 and on the Joint Health & Safety Committee (JHSC) – Ouellette Campus, for 17 years! She currently works in MDRD and is both the Worker Co-chair and UNIFOR Service Union representative. What she likes most about being on the JHSC is when the committee helps resolve a safety issue that staff have struggled with. Darlene's personal motto is "work smarter, not harder" and she is inspired by other women who have come from very difficult situations and have come out stronger.

Thank you Darlene for your time and dedication to the JHSC!

## DO YOU WANT TO QUIT SMOKING CIGARETTES?

The STOP program delivers research-based, cost-free smoking cessation workshops in local communities.

Eligible participants will:

- Attend one **educational session**
- Receive a five-week course of **nicotine patches**

Workshops will be held on

**Monday, January 22, 2018 in Essex**

OR

**Tuesday, January 23, 2018 in Windsor**

To learn more, see if you qualify, and to register, contact:

The Windsor-Essex County Health Unit  
519-258-2146 ext. 3100

\*Confidentiality assured.



For more detailed information on the STOP program, please call 416-535-8501 x34455 or email [stop.study@camh.ca](mailto:stop.study@camh.ca). CAMH is a research and teaching hospital fully affiliated with the University of Toronto and is a Pan American Health Organization/World Health Organization Collaborating Centre. For information on other CAMH treatment programs and services, visit [www.camh.ca](http://www.camh.ca) or call 416-535-8501 (1-800-463-6273).

### Holiday Cheers To The Kids!

Paediatric Services received a lot of attention during the holiday season from those who wanted to ensure kids in the hospital had a great Holiday Season!

#### Little Hands Kids For A Cause

It all began with a humble lemonade stand in 2014 to support families whose children were affected by cancer. Families came together in support of each other and made history. Today, Little Hands Kids For A Cause receives tremendous help from the surrounding community during the holiday season. They in turn, donate back to schools and hospitals from Windsor to London. Windsor Regional Hospital was honored by a visit before Christmas and received a truck-load of items such as toys, crafts, puzzles, and stuffed animals for Paediatric Child Life Services and Ronald McDonald House Windsor. Thanks Aimee and Little Hands!



#### People's The Diamond Stores

Thanks to People's Jewellers who donated dozens of fluffy teddy bears to Paediatric Child Life Services over the holidays. Our appreciation to Sherry from Tecumseh Mall and Krystal from Devonshire Mall (with her son) for their generosity.

