



# FRONTLINE MARCH 5, 2018 TRIBUNE

VOLUME 6 / EDITION 10



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

## IN THIS WEEK'S ISSUE

- 1 • WRH MY CARE JOURNEY APP
- 2 • WRH MY CARE JOURNEY APP  
• SCHEDULE OF EVENTS  
• VENDORS ON DISPLAY  
• NEW FACES AT WRH
- 3 • PET/CT SCANNER COMING TO MET CAMPUS  
• INTERNATIONAL WOMEN'S DAY  
• HATS ON FOR HEALTHCARE
- 4 • KIDNEY DAY RECIPE  
• CHARITY EUCHRE TOURNAMENT  
• MARCH IS NATIONAL NUTRITION MONTH

## THE WRH MY CARE JOURNEY APP

There is a new tool for patients at Windsor Regional Hospital to help them feel informed and empowered during their treatments so they can play a more active role in their recoveries.

The WRH My Care Journey App includes an easy to follow timeline and interactive push notification to keep users informed while they are in the hospital, and after they leave.

The app uses photos, videos and easy to understand language to let patients know:

- What they can expect in the hospital (length of stay, possible tests, medication, members of their care team)
- How they can participate in their treatment and recovery (diet, physical activity, etc.)
- Detailed information about certain conditions (COPD, heart failure, hip fracture, etc.)
- Helpful information for their visitors (parking, food, wifi password)
- And ways they can prepare for next steps in their journey (follow up appointments, equipment for their homes, etc.)



The app is part of a larger initiative to standardize care at Windsor Regional Hospital and improve communication between patients and their care teams.

"In focus groups, patients told us the scariest part of being in the hospital is the fear of the unknown. They also told us that sometimes after receiving a life altering diagnosis, they don't fully hear, understand or appreciate what their care provider is saying," says Karen McCullough, Windsor Regional Hospital Chief Operating Officer and Chief Nursing Executive. "This app attempts to alleviate that fear by providing answers for patients in an easy to use format that is available to them at any time," says McCullough.

The app also has useful information for family members and loved ones who can now follow along in the journey so they know what to expect at each step. Whether they are caring for their loved one at their bedside or live out town, friends and family members can download the app, and instantly become part of their loved one's journey.

Matthew Kaufman downloaded the app after his mother was admitted with a hip fracture. He said the information in the WRH My Care Journey App answered questions he would have never thought to ask and made the experience easier for everyone. "Because I had the answers I needed about what was happening with my mom, I did not have to trouble the nurses with questions. It also helped me work with my mom and prepare her for a safe transition from the hospital when she was ready."

The app is available for free at the Apple App Store or Android Google Play Store.



Story continues on Page 2.

## WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

To contribute a news tip, story or advertisement in the next issue, please email us at:  
[frontlinetribune@wrh.on.ca](mailto:frontlinetribune@wrh.on.ca)

**Ron Foster, Editor**  
[ron.foster@wrh.on.ca](mailto:ron.foster@wrh.on.ca)  
519-254-5577 ext. 52003

**Gisele Seguin**  
[gisele.seguin@wrh.on.ca](mailto:gisele.seguin@wrh.on.ca)  
519-254-5577 ext. 52008

**Steve Erwin**  
[steve.erwin@wrh.on.ca](mailto:steve.erwin@wrh.on.ca)  
519-254-5577 ext. 33350

**David Lenz**  
[david.lenz@wrh.on.ca](mailto:david.lenz@wrh.on.ca)  
519-254-5577 ext. 32539



[facebook.com/windsorregionalhospital](https://www.facebook.com/windsorregionalhospital)



@WRHospital

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



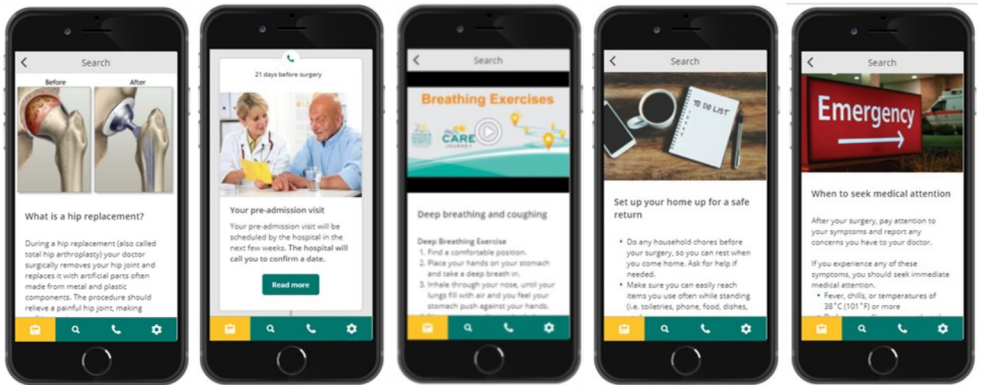
# UPCOMING EVENTS

- 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 Sportsmen Club  
10835 Riverside Drive East, Windsor
- MAR 28** **St. Clair College Pizza Luncheon**  
St. Clair Centre For The Arts  
201 Riverside Drive West, Windsor
- MAR 28** **WRH Charity Pasta Night**  
Riverside Sportmen Club  
10835 Riverside Drive East, Windsor
- APR 25** **Charity Euchre Tournament**  
Windsor Star Café  
300 Ouellette Avenue, Windsor
- MAY 24** **WRH Charity Golf Tournament**  
Essex Golf & Country Club  
7555 Matchette Road, LaSalle
- JUL 09** **Julian Small Golf Tournament**  
Essex Golf & Country Club  
7555 Matchette Road, LaSalle
- OCT 25** **Do Good Divas Gala**  
Location to be announced




A total of 21,315 measles cases were recorded in 2017 in Europe, compared to 5,273 cases the year before. The number of deaths from measles in Europe quadrupled to 35 in 2017.

## THE WRH MY CARE JOURNEY APP Cont'd...



For those not comfortable using a mobile app, the information is also provided in brochures given to patients when they are admitted, and online where it is also available French, Arabic, Spanish and Italian.

A team of App Ambassadors will be promoting and demonstrating the app this Friday, March 9, 2018 between 10 am and 2 pm in the vendor hallway at Met Campus.



# DOWNLOAD

the **WRH MY CARE JOURNEY APP**  
for your chance to win \$100 to the  
Keg Steakhouse.

Send a photo of you with the app on your  
phone or a screenshot of the app on your  
device to [app@wrh.on.ca](mailto:app@wrh.on.ca).

The contest closes Friday, March 30, at 3 pm.

## VENDORS ON DISPLAY MARCH 5 - MARCH 9, 2018

### Met Campus

Custom Essentials, Diane's Gifts, Unique Books, Scentsy, Azara Boutique, Edgekids, Hooks & needle Crafts, Freak Parade, Stuff n Bears

### Ouellette Campus

Cardinal Place, Home Instead; Sweetlegs, Robert Bishop Artwork, Just Jewellery, Silver n Such, Coconut Oil of Canada

\* Please note: Vendors subject to change.

## INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



**Jamie-Lee Hume**  
ADMITTING  
CLERK  
INPATIENT REGISTRATION



**Dawn Fodor**  
ENVIRONMENTAL SERVICE  
WORKER  
GUEST SERVICES



**Stephanie Walo**  
PHARMACIST  
PHARMACY



**Justin Danelon**  
RESPIRATORY  
THERAPIST  
RESPIRATORY THERAPY



# CIOCIARO CLUB OF WINDSOR

## CELEBRATES INTERNATIONAL WOMEN'S DAY

Thursday March 8th, 2018



Proceeds to:

Doors Open at 6:00pm  
Dinner to Follow

Walk Through Fashion Show by:



Explore Our Fabulous Beauty & Accessory Vendors

### MENU:

- Appetizers/Antipasto
- Risotto
- Pasta
- Mixed Green Garden Salad
- Chicken Parmesan
- Roast Potatoes
- Vegetables
- Focaccia - Assorted Rolls
- Dessert
- Coffee & Tea

Tickets \$55 per person - Cash Bar



For tickets and more information please contact:

- Anna Vittì (519) 254-3355
- Ildè Mariani (519) 991-2743
- Anna Vozza (519) 919-3960
- Rita Petrilli (519) 735-9496

## PET/CT Scanner Coming To Met Campus

For the first time in Ontario's history, the government is covering the cost of a new PET/CT scanner – and it will be housed at our own Met campus!

The province announced on March 1st that WRH will receive a new PET/CT (positron emission tomography / computed tomography) scanner that is expected to be fully operational in late 2018 and will respond to the growing needs of our community by helping up to 600 patients every year.

The announcement from the Ministry of Health and Long Term Care and Cancer Care Ontario gives WRH the first provincially funded PET/CT scanner. Traditionally, PET/CT scanners in hospitals had to be funded locally by donations or hospital operating funds. Now they will be part of the Cancer Care Ontario capital equipment provincial funding process.

"This is an amazing announcement for the patients we serve in the Erie St Clair LHIN and beyond. In addition, it is always great to be first!" said President and CEO David Musyj.

"As we have stated - as we move down the road towards a new state-of-the-art acute care hospital, announcements like this will naturally start to happen."

The plan is to have it operational in or around December 2018 after a procurement process. It will be physically located at the Met campus immediately adjacent to the MRI and share the same waiting room. It will be moveable to the new acute care hospital.

On hand for the fantastic announcement at WRH last Thursday were Dr. Sindu Kanjeekal, Chief of Oncology; Jeff Richer, Director, Radiation Oncology; and Monica Staley Liang, Regional Vice-President, Cancer Services, Renal, Patient Relations & Legal Affairs.

Many thanks are owed to the Windsor Cancer Centre Foundation, which has agreed to pay for any installation costs associated with installing the machine at the Met campus.

"The PET/CT Scan will undoubtedly be an essential part of patient care and will ensure that cancer patients in this region will continue to receive the best treatment with state of the art equipment that we, as an organization and community can assist in providing," said Houida Kassem, Executive Director, Windsor Cancer Centre Foundation. "We are proud to support WRH's ongoing commitment to our community and the care that they receive."



Photo above: Version of a PET/CT Scanner

Get your "Hats On" and make a difference for healthcare in your community!



## HATS ON FOR HEALTHCARE WEDNESDAY, MARCH 7, 2018

2018 CAMPAIGN SUPPORTING THE NEONATAL INTENSIVE CARE UNIT (NICU) AT WINDSOR REGIONAL HOSPITAL

The 9th Annual "Hats On For Healthcare" is a fundraising initiative supporting Windsor Regional Hospital. Participating individuals and organizations, together with their employees, members and clients are invited to put on their unique and creative head attire, make a donation and take part in many entertaining activities to help raise funds for the Neonatal Intensive Care Unit (NICU) at Windsor Regional Hospital. Participating in the 2018 "Hats On For Healthcare" is a great way to show the community that you and your employees care about healthcare in Windsor-Essex.

[www.hatsonforhealthcare.com](http://www.hatsonforhealthcare.com)

## Kidney Day Recipe Almost Mashed Potatoes



Potatoes cooked in many different ways are popular all over the world. However, potatoes are not suitable for everybody, because they are rich in potassium. For most of the Chronic Kidney Disease patients, they are not recommended to eat potatoes. Using cauliflower in place of potatoes can allow them to have a low potassium substitute for mashed potatoes, and it is low in calories too!

**Makes 6 servings / Preparation: 10 min / Cooking Time: 15 min**

### INGREDIENTS

- 6 cups cauliflower, cut
- 2 oz cream cheese
- 3 cloves garlic
- ½ tsp black pepper



### DIRECTIONS

Bring a pot of water to a boil. Once boiling carefully add the cauliflower pieces and cook until very soft. During the last minute or so add the garlic. Drain cauliflower and garlic and carefully put into a blender and blend until smooth. Add the cream cheese and pepper and blend just to combine.

### NUTRIENTS Per Serving: (3/4cup)

Calories: 47.9, Protein: 2.7g, Total Fat: 2.2 g, Carbohydrates: 5.7g, Sugar 2.7g, Fibre 3g, Sodium 33mg, Potassium 189 mg, Phosphorus 47mg

## March is National Nutrition Month



### THE POTENTIAL TO DISCOVER

Foster healthy eating habits in children by teaching them to shop and cook. Nutrition Month 2018 features the potential of food to fuel, discover, prevent, heal and bring us together – with the help of dietitians. Visit [NutritionMonth2018.ca](http://NutritionMonth2018.ca)

Starting from a young age, inspiring children to shop, cook and prepare food can set them up for a lifetime of healthy eating. A great way to teach children about food is to let them shop and cook with you. This Nutrition Month, dietitians want to remind you of the power of discovering food with your children.

### FIVE TIPS FOR COOKING WITH KIDS

It's fun and rewarding to involve kids in meal preparation – whether it's at breakfast, lunch or dinner. Here are five tips for getting your kids involved:

**Pick a recipe together:** Children need to be part of the plan from the beginning, and it helps if they prepare something that they love to eat. Shop for groceries together too!

**Incorporate learning:** Build on lessons they learn in school, such as math, social studies, media literacy, spelling, science and reading. Younger children can practice fine motor skills.

**Keep it fun!** Imaginative play helps children get deeply involved. Make a theme night or turn your kitchen into a restaurant or reality cooking show.

**Be a role model:** If you're excited, they will be too. Try a new food, describe the flavor and be adventurous to inspire your eaters to do the same. Get other members of the family involved.

**Be cool about the mess:** Spills and accidental messes happen, and it's important to remain calm about little mishaps. Keep kitchen towels handy for cleaning up spills.

### IN YOUR NEIGHBORHOOD

Do you want to inspire your kids with food? Here are three ways to get started:

- 1) Head to your nearest grocery store or farmer's market and taste something new.
- 2) Call your local public health department or boys & girls club to see if they offer cooking programs for children.
- 3) Check the children's programming at the local supermarket. Many offer grocery store tours, food demos and cooking classes for children.

### WHAT CAN MY CHILD DO?

Here's a guideline of kitchen skills based on age:

- 2-3 year olds can wash vegetables and fruit or tear lettuce and salad greens.
- 3-4 year olds can mash potatoes and bananas or mix together batters.
- 4-6 year olds can measure dry & liquid ingredients or set the table.
- 6-8 year olds can toss salad ingredients together or make a simple breakfast.
- 8-12 year olds can make their own school lunch or help to plan meals.
- Teens can follow more complicated recipes or assemble and mix most ingredients. They can also be in charge of making one meal per week.

Find a dietitian at [www.dietitians.ca/find](http://www.dietitians.ca/find)



## CHARITY EUCHRE TOURNAMENT

WRH Regional Trauma Program & Injury Prevention

### Hosts:

Greg Monforton and Partners  
Personal Injury Lawyers  
and DMARehabilitation

### Location:

The Windsor Star Café  
300 Ouellette Ave., 3<sup>rd</sup> Floor,  
Windsor, ON

### When:

Wednesday, April 25<sup>th</sup>, 2018  
6:00pm to 9:00pm

### Tickets:

\$45 per person  
(Includes delicious light snacks, networking and lots of fun!)

**R.S.V.P. by April 2, 2018**

Cheryl Scollard at [cscollard@dmarehab.com](mailto:cscollard@dmarehab.com) or call, (866) 309-0046 ext. 348

**Greg Monforton**  
AND PARTNERS  
INJURY LAWYERS

**DMARehability**  
Health Management Solutions