

**Greg Monforton AND PARTNERS**  
INJURY LAWYERS

PRESENTS THE 7TH ANNUAL

# Healing to the Beat

An evening of fabulous music to benefit the Oncology Unit at Windsor Regional Hospital

**SATURDAY, MARCH 24, 2018**

FOGOLAR FURLAN CLUB | 1800 NORTH SERVICE ROAD (E.C. ROW)  
DOORS OPEN @ 7:30PM | SHOWTIME 8:30PM



WITH SPECIAL GUEST  
**TOM 'BONES' MALONE**  
ORIGINAL MEMBER OF THE  
BLUES BROTHERS, DAVID LETTERMAN'S  
CBS ORCHESTRA & THE SNL BAND

**TICKETS \$25**

INCLUDES PIZZA BUFFET

PURCHASE 10 TICKETS TO RESERVE A TABLE,  
PLEASE CALL 519-903-0318 OR 519-791-5240

TICKETS AVAILABLE AT:



SPONSORED BY:  
**UNIFOR** Local 2458 Canada  
**LIUNA!**



In loving memory of Grace Brimblecombe, Rick Janusas, Dennis Morand,  
George Marcon, Silvano Marcon, Todd Smith, Clayton Moore,  
Sandy Gillis, Don Venus & Ralph Travenetti

## World Kidney Day

World Kidney Day on March 8th was a great opportunity to educate our community about kidney health and how we can support kidney disease patients through research and improvements in medical care!

Nephrologist Dr. Amit Bagga at Windsor Regional Hospital, along with staff and our friends at the Kidney Foundation, hosted an information booth at Ouellette campus.

One in 10 Canadians has kidney disease and millions more are at risk, but many don't know the signs, symptoms or causes behind the disease. March is Kidney Health Month and The Kidney Foundation of Canada encourages Canadians to take this opportunity to consider ways to keep their kidneys in good health. For more information, visit <http://www.kidney.ca/WindsorEssex>.



**Armando's** AT **WINDSOR REGIONAL HOSPITAL**  
OUTSTANDING CARE - NO EXCEPTIONS!

## HOURS FOR PIZZA

Monday-Friday 11am-7.30pm • WEEKENDS 11am-5-30pm

## ARMANDO'S MARCH SPECIALS!

### SPECIAL 1

2 large pizzas for the price of a queen!!!

### THE MEAL DEAL

Queen Pizza 2 toppings, garlic ciabatta bread,  
garden salad and 4 cans of pop \$40.00 plus tax

### WE DELIVER TO YOU

#### BUILD YOUR OWN PIZZA

	16"	18"
CHEESE + 1	19.55	27.45
CHEESE + 2	20.45	29.20
CHEESE + 3	21.05	29.85
CHEESE + 4	21.60	30.70
CHEESE + 5	22.20	31.55

#### Toppings

Bacon, Pepperoni,  
Italian Sausage, Ham,  
Green Peppers,  
Mushrooms,  
Banana Peppers,  
Black Olives,  
Pineapple, Spinach,  
Red Onions,  
Sliced Tomatoes,  
Feta Cheese \$2

Like us on facebook to win a \$50 Armando's gift card



**TO ORDER PLEASE**  
**DIAL EXT 31110**  
**PLEASE ALLOW**  
**20-30 MINUTES**

COMPASSION is our  
**PASSION**

# FRONTLINE

MARCH 12, 2018

# TRIBUNE

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## THE WRH MY CARE JOURNEY APP

Empowering patients and families to play an active role in recovery

Matthew Kaufman's hospital journey began last month when he found his mom on the ground with a broken hip. After a trip to Emergency led to surgery, both Matthew and his mom felt anxious about what would happen next.

"She was scared. I was worried. I am the only child. It was all put on me and she didn't want to bother me with questions," said Kaufman. He said his mother, who is older and was a little foggy from the pain medication had a lot of questions, but didn't want to trouble the staff. "She felt like she was bothering them. They were busy taking care of other patients. She didn't even really know what to ask," he said.

A nurse suggested Kaufman download the MY CARE JOURNEY APP to help guide his mother through her recovery. When he did, Kaufman says he immediately felt more comfortable and in control because it answered all of his questions about his mother condition, what to expect while she was in the hospital, where she would go next, and how to prepare for her eventual return home. "It answered questions I didn't even know I had," said Kaufman.

This free app is designed to help patients and loved ones know what to expect during their treatments, so they can play a more active role in their recoveries. The WRH MY CARE JOURNEY APP includes a diagnosis specific timeline and interactive push notification to keep users informed while they are in the hospital, and after they leave using photos, videos and easy to understand language.

Kaufman says even though his mother does not use a smartphone herself, she also found the WRH MY CARE JOURNEY APP helpful.

"Once she found out I had the app and could look it up, she would ask me questions. It put her at ease and me as well. I could go home and relax. If I had questions I could look them up at any point in time."

The WRH MY CARE JOURNEY APP is free to download in the App Store and Google Play.



PHOTO CAPTION: Matthew Kaufman says information he found in the app helped him ask better questions when speaking with members of his mother's care team.

## WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

To contribute a news tip, story or advertisement in the next issue, please email us at:  
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@WRHospital



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



## UPCOMING EVENTS

- 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 24** W.E. Care For Kids Movie Day  
Imagine Cinemas Lakeshore  
164 Commercial Blvd., Tecumseh
- 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 14** Country At Heart  
Sprucewood Estate Winery  
7258 County Road 50 , Amherstburg
- APR 25** Charity Euchre Tournament  
Windsor Star Café  
300 Ouellette Avenue, Windsor
- MAY 12** Run For Windsor  
Windsor Riverfront Plaza  
330 Riverside Drive East, 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.

# CHARITY PASTA NIGHT

Riverside Sportsmen's Club  
10835 Riverside Drive East

March 7, 2018 / March 14, 2018  
March 21, 2018 / March 28, 2018  
5:00pm - 8:00pm



For more information, please visit [wrh.on.ca](http://wrh.on.ca)



\$8.00  
per person

Dinner includes  
Pasta, Salad  
& Roll



Proceeds to support the Neonatal Intensive Care Unit (NICU) at Windsor Regional Hospital.

## VENDORS ON DISPLAY MARCH 12 - MARCH 16, 2018

### Met Campus

Red Diamond Nuts, Accessorize it, Diane's Gifts,  
Handmade cards by Elaine

### Ouellette Campus Funky Living

\* Please note: Vendors subject to change.

## INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



**Carly Wilson**  
REGISTEED PRACTICAL  
NURSE  
MENTAL HEALTH



**Lori Pickel**  
ENVIRONMENTAL SERVICE  
WORKER  
GUEST SERVICES



**Dr. Mohamed Ismail**  
PHYSICIAN  
DEPARTMENT OF  
ANESTHESIA



**Jason Toma**  
DISCHARGE TEAM  
VOLUNTEER  
SERVICES

March is National Nutrition Month

# Eat Right!

## WEEK 3

### THE POTENTIAL TO PREVENT

Understand how food can help prevent chronic diseases like type 2 diabetes and heart disease. 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)

Lifestyle factors, including what we eat, can influence our health. A nutritious diet can help prevent illness and can lower the risk of developing chronic diseases. Dietitians can help you follow a healthy eating pattern that suits your individual needs and health goals. This Nutrition Month, dietitians want to remind you of the power of food for disease prevention.

### BUILD A BALANCED DIET

There are many diets or "eating patterns," and some are healthier than others. The best eating pattern is one that you enjoy and can stick with in the long run. The eating patterns that have been the most researched for their health benefits include the Mediterranean, DASH and MIND diets. The foods that are recommended on these patterns can help prevent type 2 diabetes, heart disease, stroke, dementia and some types of cancer.

The eating plans listed above may have different names, but the foods are mostly the same! Here are some foods that are common to all of them:

- Vegetables and fruit
- Whole grains
- Legumes like beans and lentils
- Nuts and seeds
- Milk, cheese and yogurt
- Fish, seafood and poultry
- Healthy oils like canola and olive oil.

These nourishing foods are the basic ingredients that form the diet for disease prevention. You may also notice what's missing from these eating patterns. They don't contain a lot of highly processed foods, like cake, chips, cookies and sugary drinks that are high in added sugar, salt and trans fat.

### WORK WITH A DIETITIAN

Almost 80 per cent of premature stroke and heart disease can be prevented through healthy lifestyle behaviours. These include eating healthy, being active and living smoke-free. The journey towards wellbeing begins with how we eat and dietitians have the knowledge, compassion and flexibility to help you achieve your goals.

Consider working with a dietitian if you have health goals or concerns about your risk of chronic disease. They will work with you to embrace food, understand it and to enjoy it while considering your overall objectives, needs and challenges. We look beyond fads and gimmicks to deliver reliable, life-changing advice.

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

# Dietitians' Day

MARCH 14, 2018



Once a year, a special day is dedicated to all dietitians across Canada. It celebrates dietitians as health care professionals, committed to using their specialized knowledge and skills in food and nutrition to improve the health of Canadians.

**Dietitians Promote Health Through Food and Nutrition**  
**Collaborative. Evidence Based**

### Evidenced Based Practice

Dietitians translate complex scientific evidence into practical solutions to promote health and manage special health conditions such as diabetes, heart disease, cancer, allergies and obesity.

### Collaborative approach

Dietitians are valuable members of the health care team, working collaboratively with other health care professionals including doctors, nurses, physiotherapists, and speech language pathologists. Dietitians individualize information, care plans, and programs to meet the unique needs of clients and communities.

### Most qualified nutrition professionals

To be sure you are accessing the most qualified nutrition professional, look for the initials RD or PDt (DtP in French) after the health professional's name or ask - are you a dietitian?

**Dietitian** is a protected title across Canada, just like physician, nurse and pharmacist. **Nutritionist** is also a protected title in Alberta, Quebec and Nova Scotia. To use these titles, the dietitian must meet and maintain provincial registration requirements

### Dietitians work in diverse roles and environments

Dietitians work in the community, health care, food services and private practice as:

**Practitioners:** specializing in working with individuals and groups to improve eating habits and address the nutritional needs of people with complex health problems to improve health outcomes.

**Policy Makers:** advising government at all levels on population health strategies and regulatory measures.

**Leaders:** in all aspects of food systems, including food security and sustainability, food service management, production and marketing.

**Knowledge Brokers:** conducting research, answering questions and translating science into best practices

**Educators:** of health professionals, school teachers, fitness instructors and future dietetic professionals.

### University educated

Dietitians are university educated with hundreds of hours of supervised, hands-on training in food systems, disease management, population health, communications and counselling. They must pass a registration exam to become a regulated health professional. Ongoing professional development is not only a core value but a requirement.