



# FRONTLINE APRIL 9, 2018, 2018

# TRIBUNE

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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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## Nominate An Extraordinary Nurse!

Nursing Week is around the corner – and it's time to nominate a colleague for this year's awards!

Just go online to submit a nomination for the Jeanne Mance Nursing Excellence Award, which recognizes RNs and RPNs who continually go above and beyond to provide compassionate and professional care to his/her patients, and exemplifies teamwork, compassion, stewardship and respect.

The deadline for nominations is midnight Friday, April 27, 2018.

Also, RNs who are taking or considering education courses are also encouraged to submit an application for The Lori Dupont Bursary. This is a \$5,000.00 bursary funded by Windsor Regional Hospital and Hôtel-Dieu Grace Healthcare to assist RN staff with continuing education costs. All ONA staff members who are planning to attend education courses, conferences and workshops or who are working toward certification in 2018, are invited to submit a bursary application by midnight Friday, April 27th. Each successful candidate will be awarded up to \$1,000.

The awards and bursaries will be handed out at a joint celebration with Hôtel-Dieu Grace Healthcare. The event will be held at Ouellette campus during Nurses Week May 7-11, 2018.

If you have someone in mind you would like to nominate, please visit the link on our intranet home page or check your email for direct links to the nomination forms!

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



@WRHospital

For some it's about giving... for others  
it's a way of life.

## Volunteering

For information on Volunteer opportunities, please call:  
**519-254-5577 Ext. 33673**

COMPASSION is our  
PASSION



WINDSOR  
REGIONAL  
HOSPITAL  
OUTSTANDING CARE - NO EXCEPTIONS!



Contact us at: [www.wrh.on.ca](http://www.wrh.on.ca)

BACK ROW: Pat Lesscinsky, Volunteer (Ouellette Campus), Julia Kowalczykowski, Volunteer (Met Campus), Roger Hills, Volunteer (Met Campus)  
FRONT ROW: Marilyn Rock, Volunteer (Met Campus), Maryam Thraya, Volunteer (Ouellette Campus)

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



# UPCOMING EVENTS

- APR 13** **Hacking Health**  
St. Clair College  
2000 Talbot Road West
- APR 14** **Hacking Health**  
St. Clair College  
2000 Talbot Road West
- APR 14** **Country At Heart**  
Sprucewood Estate Winery  
7258 County Road 50, Amherstburg
- APR 18** **Canswers Centre Live**  
Hosted by Allison Johnson  
Time: 7:00pm
- APR 19** **WRH Volunteer Recognition**  
Rosebowl Lanes  
2482 Dougall Ave, Windsor
- 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
- JUN 04** **St. Clair College Golf Tournament**  
Sutton Creek Golf Club  
2135 County Rd 12, Essex
- JUN 20** **A Day For Life Golf Tournament  
In Memory of Trevor Funkenhauser**  
Kingsville Golf & Country Club  
640 Essex County Rd 20, Kingsville
- JUL 09** **Julian Small Golf Tournament**  
Essex Golf & Country Club  
7555 Matchette Road, LaSalle



When the blood sample is for a blood culture is being drawn, the needleless cap must be removed, and replaced with a new cap, prior to collection.

## Organ and Tissue Donor Awareness Month

More than 1,500 people are waiting for a lifesaving organ transplant today in Ontario. This is their only treatment option, and every three days someone will die because they did not get their transplant in time.

But you can help. When you register your consent for organ and tissue donation, you let those waiting know that you would help them if you could.

April is Be A Donor Month, and Windsor Regional Hospital, in partnership with Trillium Gift of Life Network, is encouraging Ontarians to register as organ and tissue donors.

Some facts to consider:

- One donor can save up to 8 lives through organ donation and enhance the lives of up to 75 more through the gift of tissue.
- Age alone does not disqualify someone from becoming a donor. The oldest organ donor was over 90 and the oldest tissue donor was over 100. There's always potential to be a donor; it shouldn't stop you from registering.
- Your current or past medical history does not prevent you from registering to be a donor. Individuals with serious illnesses can, sometimes, be organ and/or tissue donors. Each potential donor is evaluated on a case-by-case basis.

You can become an organ and tissue donor and help someone in need by registering at [www.beadonor.ca](http://www.beadonor.ca). Trillium Gift of Life Network is a not-for-profit agency of the Government of Ontario dedicated to the planning, promotion, coordination and support of organ and tissue donation and transplantation.

At WRH, we will also be featuring some stories on our Facebook page from local individuals and families for whom organ and tissue donation has very special meaning whether they are transplant survivors, or loved ones of individuals who passed away but saved lives through donation.

For more information on WRH's role when it comes to organ and tissue donation, visit [www.wrh.on.ca](http://www.wrh.on.ca).







**Do you know an Outstanding Nurse in Windsor & Essex County?**

Nominate a nurse in 500 words or less explaining how their care impacted a life.  
[www.windsorsexrnao.org](http://www.windsorsexrnao.org)

Nominations are accepted until Fri., April 20 for The 11th Annual Lois Fairley Nursing Award.



### INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL

			
<b>Kayla Sylvestre</b> REGISTERED NURSE EMERGENCY ROOM	<b>Matthew Lefler</b> REGISTERED NURSE MENTAL HEALTH	<b>Michelle Tole</b> REGISTERED NURSE NEUROLOGY	<b>Dr. Matthew Rochon</b> PHYSICIAN DIAGNOSTIC IMAGING

## Languages Anytime, Anywhere At WRH

An ongoing service provided by Windsor Regional Hospital to assist with language differences between patients, families and caregivers, when it is vitally important related to healthcare, the hospital has a translation line available anytime in multiple languages.

The service can be obtained from any landline by calling the 1-866 number (on the quick reference link on the WRH Intranet) and by passing the phone back and forth or on a speaker phone.

You can book someone to demonstrate the system by calling Human Resources Ext 32532. Portable units are available through Social Work at the Ouellette Campus and through the Switchboard at the Met Campus.

To access the translation Interpretalk Service, call 1-866-560-7907 WRH Code 200340.



## CHARITY EUCHRE TOURNAMENT

WRH Regional Trauma Program & Injury Prevention

### Hosts:

Greg Monforton and Partners  
Personal Injury Lawyers  
and DMARehability

### 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

## HACKING HEALTH WINDSOR + DETROIT IV

ST. CLAIR COLLEGE - WINDSOR, ON  
APRIL 13 + 14 2018



**Hacking Health Windsor + Detroit** breaks down barriers to healthcare innovation by bringing together **Designers, Developers, Makers, Business & Healthcare** professionals and students across the US-Canada border to collaborate, dream up & design solutions for patient-centric care.

This year we welcome two incredible industry partners – and champions of innovation – **Aphria & Green Shield Canada**, as the sponsors of our inaugural Design Challenges, with prizes valued at **OVER \$35,000** to be awarded!

### HEALTH, WELLNESS & ADHERENCE

sponsored by **gsc**

### MEDICAL CANNABIS

sponsored by **aphria**

### WAYS TO PARTICIPATE

1. Form your own team, post your project at [hhwindet2018.sparkboard.com](http://hhwindet2018.sparkboard.com) and pitch your idea on Friday night.
2. Listen to the pitches on Friday night and then join an existing team that is looking for help on their project.
3. There's no pressure to pitch, join a team or create your own. You can simply attend as an observer, enjoy some delicious food and make some great new connections!

### REGISTER TODAY!

[HHWINDETIV.Eventbrite.ca](http://HHWINDETIV.Eventbrite.ca)

[HACKINGHEALTH.CA](http://HACKINGHEALTH.CA)

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

[@CROSSBORDERHH](https://twitter.com/CROSSBORDERHH)

#HHWINDET

## Super Hero IV Poles

Thanks to the Fight Like Mason Foundation and Iain Macri and Chantelle Bacon for their generosity on donating 39 brightly coloured IV poles for Paediatric Services.

The Foundation was founded after the passing of their 4 year old son, Mason who had on many occasions had to use an IV pole in the hospital or at home due to Rhabdomyosarcoma, a rare and challenging form of cancer in children. To remember him, the Foundation now supports several organizations that can make a difference related to those afflicted with cancer and other illnesses.



Upon making the donation, Iain Macri stated, "the Fight Like Mason Foundation is there to improve treatment, care, quality of life and awareness of patients diagnosed with childhood Rhabdomyosarcoma and other life threatening diseases. The 39-IV poles are valued at \$39,000, with assistance from the local firm, Specialty Group Inc.

## Share A Smile Returns!

A University of Windsor student club, known as Share A Smile does random acts of kindness throughout the region. Windsor Regional Hospital was pleased that they returned recently with roses for patients on the 7 & 8 Surgical Program at the Met Campus. Now that would place a smile on anyone's face!



### RUN FOR WINDSOR



There is Love for All, Hatred for None! We are delighted to announce the 2nd Annual Run for Windsor on Saturday, May, 12th! The Run for Windsor Run helps raise funds for new WRH Urgent Care Centre/Satellite Emergency Department. For more information, or to join, visit the Run for Windsor website: [www.runforwindsor.com](http://www.runforwindsor.com)

# He's the only one who makes 'dad jokes' funny

## Keep your dad healthy.

Talk to him about colorectal cancer screening.

Men and women ages 50 to 74 years, with no family history of colorectal cancer, should be screened every 2 years by completing a fecal occult blood test (FOBT) kit.

FOBT kits are available from your family's health care provider. If you don't have a health care provider, FOBT kits are available from Telehealth Ontario at 1-866-828-9213.

Remember, the FOBT kit only works if it is completed!

For more information, visit [ColonCancerCheck.ca](http://ColonCancerCheck.ca)



**Screen for Life**  
Cancer screening sees what you can't  
Breast | Cervical | Colorectal

**CCO** Erie St. Clair  
Regional Cancer Program  
in partnership with Cancer Care Ontario

Adapted and modified with permission from the Northwest Regional Cancer Program.



# Recipe of the Week

## Coconut Lime Chicken

Makes 4 servings / Preparation: 10 min / Cooking Time: 30 min

### INGREDIENTS

- 4 skinless boneless chicken breasts
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1 tbsp coconut oil
- 1/2 cup red onion, chopped
- 1 whole red chili chopped optional
- 1 cup chicken stock
- 2 tbsp lime juice about 1 large lime
- 1 tbsp chopped cilantro
- 1/2 tsp red chili flakes
- 1/2 cup full fat coconut milk
- 1 tsp turmeric powder (optional)



### DIRECTIONS

Place the chicken breasts between two pieces of plastic cling wrap and pound them down to make them even in thickness. This will help the chicken cook evenly and make for more tender chicken. Sprinkle each side of the chicken with salt and pepper. Melt the coconut oil in a large skillet over a medium high heat on the stove. Add the chicken breasts and cook each side for 5-7 minutes or until browned on each side. Remove the chicken from a skillet and set aside on a plate. The chicken doesn't need to be fully cooked yet because you'll be returning it to the heat shortly. Add the chopped onion to the same skillet and sauté for a few minutes to soften. Add the chili pepper if you're using it. Sauté another couple of minutes. Add the chicken stock, lime juice, cilantro and chili flakes. Bring the mixture to a boil and then reduce down to a simmer. Let simmer for about 5 minutes to let reduce down. Add the coconut milk and the turmeric and bring to simmer again for another 5 minutes. Add the starch and water at this time if you're using it. You may need to raise the heat slightly higher to bring this to a boil to activate the starch. Once the sauce thickens reduce it back down to a simmer. Add the chicken back to the skillet, cover and let cook for another 5-10 minutes or until the chicken is cooked all the way through. Serve with rice or cauliflower rice with the sauce spooned over the top. Add an extra sprinkling of cilantro & chillies and enjoy!

### NUTRIENTS Per Serving

Calories: 325; Protein: 32g; Total Fat: 23 g; Carbohydrates: 14g; Sugar 10g; Fibre 9g; Sodium 701mg

## VENDORS ON DISPLAY APRIL 9 - APRIL 13, 2018

### Met Campus:

Freak Parade, Scentsy, EdgeKids, Little Red Door, Royal Marquis, Hooks & Needlecrafts, Handmade Cards, Stuff n' Bears, Just Jewellery

### Ouellette Campus:

Epicure