



FRONTLINE JANUARY 8, 2018 TRIBUNE

VOLUME 6 / EDITION 2



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 DEMONSTRATES SPIRIT OF GIVING OVER THE HOLIDAYS

2

• LOSE WEIGHT WITH TINA
• VERTICAL CLIMB
• SCHEDULE OF EVENTS
• NEW FACES AT WRH

3

• BUTT OUT BY JAN. 1
• DO YOU WANT TO QUIT
• SAFETY SPOTLIGHT
• UNDER THE BIF TOP GALA

4

• WINDSOR TIME CAPSULE CONTAINS HOSPITAL STORY
• RECIPE OF THE WEEK
• CHARITY PASTA NIGHT

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

Ron Foster, Editor
ron.foster@wrh.on.ca
519-254-5577 ext. 52003

Gisele Seguin
gisele.seguin@wrh.on.ca
519-254-5577 ext. 52008

Steve Erwin
steve.erwin@wrh.on.ca
519-254-5577 ext. 33350

David Lenz
david.lenz@wrh.on.ca
519-254-5577 ext. 32539



facebook.com/windsorregionalhospital



@WRHospital

WRH Demonstrates Spirit Of Giving Over The Holidays

Thank you to the wonderful team here at WRH for continuing to demonstrate your Compassion for Community!

Thank you first of all to all of those who donated to our annual One CAN Make a Difference food drive in support of local food banks. More than 2000 items were collected and dropped off at both the CBC Sounds of the Season food drive campaign as well as The Downtown Mission. Thank you to everyone for contributing to help those in need!

Individual departments and units also got into the giving spirit this holiday season in support of a host of local non-profit organizations, including Unemployed Help Centre, Hiatus House, Children's Aid Society, Sandwich Teen Action Centre, Salvation Army, Street Help, Windsor Residence for Young Men and Windsor Youth Centre.

Compassion for Community is all about raising awareness about health-related issues and supporting the community we serve. WRH employees, professional staff and volunteers contribute to many local non-profit partners, raising awareness about community needs and being mindful of helping others at this time of year. However, as a team we give back to the community throughout the year so please continue to let us know how you or your colleagues are supporting our community by emailing Steve Erwin at steve.erwin@wrh.on.ca. For a full list of stories, please go to the Compassion for Community link on our external home page!



Visit our website for more information at 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
- FEB 22** **Windsor Spiffire Game For Hats On For Healthcare**
WFCU Centre
8787 McHugh Street, 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



Complications from influenza include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions.

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 11, 2018
Met - Vendors Hallway, 12:00pm to 1:00pm
Ouellette - Vendors Hall, 3:00pm to 4:00pm

Classes are held every Thursday unless otherwise stated. This sessions runs for 14 weeks, January 18th - April 26th. **Cost:** \$130.00. Payroll deduction available.

May the course be with you.



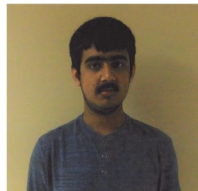
SAVE THE DATE AND STEP UP TO THE CHALLENGE!

SUNDAY, JANUARY 21, 2018

ONE RIVERSIDE DRIVE WEST, DOWNTOWN WINDSOR

WWW.VERTICALCLIMB.CA

INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Taimoor Ahmed
GIFT SHOP
VOLUNTEER
SERVICES



Deborah Budinsky
UNIT CLERK
INTENSIVE CARE
UNIT



Lauren Rochford
REGISTERED
NURSE
MEDICINE



Victoria Tran
REGISTERED
NURSE
8E NEUROSURGERY



BUTT OUT BY JAN. 1

New Year Means New Smoking Ban

It's a new year and a new law has now come into effect when it comes to smoking!

As reported in previous editions of this newsletter, an Ontario government regulation under the Smoke-Free Ontario Act, which took effect on January 1st, 2018, now completely prohibits the smoking of cigarettes or any other smoking product on hospital property. **This is law.**

This legislation also forced hospitals to remove any remaining Designated Smoking Area (DSA) used by staff, patients and visitors. In order to comply with this provincial legislation, WRH has dismantled the last remaining DSAs at each campus. Also, anyone caught smoking anywhere on hospital property as of January 1st is subject to fines. WRH will work with the Windsor-Essex Public Health Unit's Tobacco Enforcement Officer, who has grounds to lay charges. Violators are subject to a fine of \$300 up to a maximum of \$5000. Please note that this includes Lens Avenue in front of the Met campus main entrance, Lens Avenue is NOT a public road.

We are anticipating that because those who choose to smoke can no longer do so on hospital property, smokers will move off campus on to the sidewalks of public roads. This means smokers may move closer proximity to houses in our neighbourhoods. We appreciate that this might be a nuisance. While the new Ontario law dictates that the hospital must force smokers off of our property, we are increasing awareness about the benefits of quitting smoking to our staff, and as always we encourage patients to give up smoking through in-patient programs that advises them on how to quit.

We would encourage those who are looking for some advice and guidance on quitting smoking or trying to support a loved one going through this challenge to check out our December Canswers Live program which focused on quitting smoking. To view the program, please go to www.canswerscentre.ca and scroll down on the page to view the Dec. 20th broadcast!

www.wrhbuttout.ca

Safety Spotlight Presents...



Daniel Zegrean

Meet Daniel,

Daniel has been with WRH since August 2017 and joined the Joint Health & Safety Committee (JHSC) Ouellette Campus in October 2017 as the Unifor Skill Trades Worker Member. Daniel enjoys being on the JHSC because he is able to help improve safe working conditions. His favorite motto is 'Respect others, but be yourself', and he is inspired by his family and coworkers. Daniel enjoys travelling and wants to see the world and meet new people.

Welcome to the JHSC Daniel, we look forward to working with you!

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. 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 or call 416-535-8501 (1-800-463-6273).

SAVE THE DATE

UNDER THE BIG TOP

KIDS GALA

CALL TODAY FOR THIS SELL OUT EVENT
~ Sponsorship packages and tickets released Nov 20th, 2017 ~

ACT QUICKLY, PURCHASE YOUR EARLYBIRD TICKETS!

FRIDAY FEBRUARY 9, 2018
WE CARE FOR KIDS Office: 519-985-2608 | Email: Ashley.Weeres@wrh.on.ca
CABOTO CLUB WINDSOR

City Of Windsor's Time Capsule Contains Mega-Hospital Story

A moment in time was captured on New Years Eve when, the City of Windsor and Mayor Drew Dilkens rekindled the existing time capsule with a fresh list of items that were sealed for the next 25 years, to be reopened in 2042.

As part of Windsor's 125th birthday, 25 items were placed in the time capsule, including a copy of the Windsor Star announcing the single site acute care hospital signed by the Hon. Eric Hoskins, Minister of Health and Long Term Care; David Musyj, President & CEO, Windsor Regional Hospital; Dave Cooke, Co-Chair, Program and Services Steering Committee; and, Janice Kaffer, President & CEO, Hôtel-Dieu Grace Healthcare. Board Member, Gerry Cooper from the Schulich School of Medicine and Dentistry, Windsor Campus provided his personal copy of the newspaper for the time capsule.

Ron Foster was selected to place the item in the time capsule as he was involved in the 1992 City of Windsor 100th birthday when the original time capsule was sealed. Gisele Seguin, now Director, Public Affairs, Communications and Philanthropy for WRH was the Coordinator of the 1992 Centennial Celebration Committee appointed by City Council to oversee the year-long 100th birthday celebrations and who, when the 1992 time capsule was opened on May 16, 2017, moderated the ceremony.



Photo above: Ron Foster holding a copy of the Windsor Star edition highlighting the future acute care hospital and Windsor-Essex Hospitals System announcement.

VENDORS ON DISPLAY JANUARY 8 - 12, 2018

Met Campus:

Coconut Oil of Canada, Azara Boutique,
Tupperware, Hooks & Needlecrafts,
Funky Living, Chartwell.

Ouellette Campus:

No vendors scheduled this week.

*Please note: Vendors subject to change.

RECIPE OF THE WEEK

Chicken Tortilla Slow Cooker Soup

Makes 4 servings / Preparation: 20 min / Cooking Time: 8 hrs

INGREDIENTS

- 1 1/4 lb. skinless, chicken thighs
- 1 small onion, chopped
- 1/2 red bell pepper, chopped
- 1 garlic clove, chopped
- 2 cans of chicken stock
- 1 (14.5-oz.) can diced tomatoes
- 1 (8-oz.) can tomato sauce
- 1 (4-oz.) chopped green chiles
- 1 tsp. chili powder
- 1 tsp. dried oregano
- 3/4 tsp. ground cumin
- Kosher salt, fresh ground black pepper
- 2 yellow squash, halved & sliced
- 3 oz. green beans, halved
- 1 tbsp. fresh lime juice



DIRECTIONS

Combine chicken, onion, bell pepper, garlic, stock, diced tomatoes, tomato sauce, chiles, chili powder, oregano, and cumin in a 4-quart slow cooker. Season with salt and pepper. Cook, covered, until chicken is cooked through on low 7 to 8 hours or on high 3 to 4 hours. Add squash and green beans and cook, covered, for 30 minutes. Remove chicken, discard bones and shred meat; return to slow cooker. Stir in lime juice and cilantro. Serve topped with cilantro, jalapeños, and sour cream, with tortilla chips alongside.

NUTRIENTS Per Serving:

Calories: 244, Protein: 26g, Total Fat: 8 g, Carbohydrates: 18g, Sugar: 12g, Fibre: 6 g, Sodium: 707mg

CHARITY PASTA NIGHT



\$8.00
per person

Riverside Sportsmen's Club
10835 Riverside Drive East

Dinner includes
Pasta, Salad
& Roll

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



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



For more information, please visit wrh.on.ca