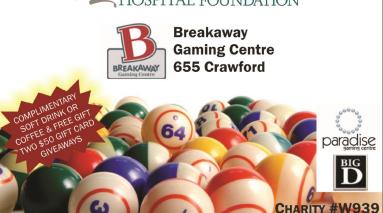




Thursday, July 5, 2018

When you play Bingo on Charity nights at Breakaway Gaming Centre on Crawford, mention you are with Windsor Regional Hospital. The Hospital will receive \$10 per person towards our fundraising efforts.

Please remember to mention you are with: WINDSOR REGIONAL HOSPITAL FOUNDATION



# #RECIPEOFTHEWEEK

#### Mini Turkey Burgers

Makes 12 servings Preparation Time: 20 min Cooking Time: 12 min

#### **INGREDIENTS**

1-1/2 lb (750 g) ground turkey 1 Egg, lightly beaten 1/4 cup (50 mL) dry bread crumbs 1 small Onion, diced 1/2 tsp (2 mL) salt 1/4 tsp (1 mL) pepper



#### **METHOD**

In bowl, combine turkey, egg, bread crumbs, onion, salt and pepper. Shape into 12 small patties, about 3 inches (8 cm) in diameter. Barbecue, broil or pan-fry in skillet until an instant read digital thermometer reads 160°F (71°C), 3 to 4 minutes per side. Sandwich in bun, with desired topping.

#### **ALTERNATIVES**

Can substitute ground turkey for ground beef or ground chicken

**NUTRIENTS Per Serving** (1 patty and 1 mini bun: Calories: 182; Protein: 13.6 a; Total Fat: 6 a; Carbohydrates: 18.9 g; Sugar 15g; Fibre: 0.9g; Sodium: 213mg

## Big Bike for Big Fun!

This year marked the 10th Anniversary of Windsor Regional Hospital Teams participating in the BIG BIKE for Heart and Stroke, and once again riders rose to the challenge!

Nearly \$5000 was raised between the two teams the WRH Stroke Team captained by Denise St. Louis and the WRH Heart Team led by Sharra Hodgins. This brings the total raised for Big Bike by employees over



the past 10 years to well over \$65,000!

For over 60 years, the Heart & Stroke Foundation has been dedicated to fighting heart disease and stroke. Because of their work, health care professionals are able to deliver the treatments that have saved thousands of lives and



improved the lives of millions of others. Congratulations to all riders and donors!

# **COMPASSION** is our

**VOLUME 6 / EDITION 25** 



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#### IN THIS WEEK'S ISSUE

- CELEBRATE NATIONAL **INDEGENOUS PEOPLES DAY**
- STROKE IN CANADA SCHEDULE OF EVENTS NEW FACES AT WRH

PASION

- YOU CAN ALWAYS COUNT ON THEM CANSWERS LIVE! MEET THE GREETER WITH A SMILE
- RUN FOR WINDSOR RECIPE OF THE WEEK BINGO CHARITY NIGHT BIG BIKE FOR BIG FUN

#### 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

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#### Celebrate National Indigenous Peoples Day

WRH is proud to help recognize National Indigenous Peoples Day – an opportunity for all Canadians to recognize and celebrate the unique heritage, cultures and outstanding contributions of First Nations, Inuit and Métis peoples.

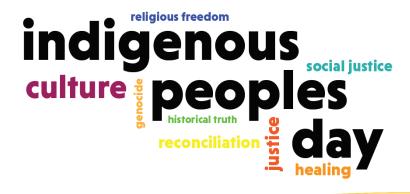
In the Erie St. Clair LHIN, there are nine recognized Indigenous communities: Aamjiwnaang First Nation, Bkejwanong First Nation, Can-Am Indian Friendship Centre, Caldwell First Nation, Chippewas of Kettle & Stony Point First Nation, Delaware First Nation, Fiddle & Sash Métis Association, Sarnia Lambton Native Friendship Centre and Windsor Essex Métis Nation of Ontario.

Each community celebrates Indigenous Solidarity Day in its own special way. Locally, you can recognize this day by attending an Indigenous Gathering 2018 at Mic Mac Park on Prince Road on Thursday, June 21st from noon to 4 pm. This event is being co-sponsored by Can-Am Homes and Heritage Canada. This year's celebration features traditional food and entertainment.

#### So, what is National Indigenous Day?

According to the Assembly of First Nations (AFN), the Canadian Constitution recognizes these three groups as Aboriginal peoples, also known as Indigenous peoples. Although these groups share many similarities, they each have their own distinct heritage, language, cultural practices and spiritual beliefs.

For generations, Indigenous peoples have celebrated their culture and heritage on or near this day due to the significance of the summer solstice as the longest day of the year. In cooperation with Indigenous organizations, the Government of Canada chose June 21st of every year to be recognized as National Aboriginal Day, On June 21, 2017, Prime Minister Trudeau issued a statement renaming this day as "National Indigenous Peoples Day".





Visit our website for more information at www.wrh.on.ca

# **UPCOMING EVENTS**

A Day For A Life Golf Tournament JUN In Memory of Trevor Funkenhauser

20 Kingsville Golf & Country Club 640 Essex County Rd 20, Kingsville

**Julian Small Golf Tournament** Essex Golf & Country Club 7555 Matchette Road, LaSalle

Sts. Vladimir & Olga Charity Golf **Tournament** 

Seven Lakes Golf Course 3600 Seven Lakes Drive, LaSalle

Rafih Auto Group & Family Annual JUL Charity Golf Tournament Beach Grove Golf & Country Club

14134 Riverside Drive East, Windsor

JUL Team Clean Ouellette Campus 1030 Ouellette Avenue

JUL Team Clean Met Campus 1995 Lens Avenue

**AUG** Team Clean Met Campus 1995 Lens Avenue

AUG Black Tie Tail Gate Beach Grove Golf & Country Club 14134 Riverside Drive East, Windsor

**SEPT** Run For Windsor Riverfront Festival Plaza Downtown Windsor

OCT Do Good Divas Gala www.dogooddivas.com

**JAN** T2B GALA 2019

Caesars Windsor 25 377 Riverside Drive East, Windsor



Hepatitis B is a vaccine-preventable liver infection. It is transmitted when blood, or another body fluid from a person infected with the Hepatitis B virus enters the body of someone who is not infected.

**STROKE** CANADA

#### WHAT is a STROKE?

A **STROKE** is a sudden loss of brain function caused by a sudden brain blood vessel blockage (ischemic stroke) or rupture (hemorrhagic stroke). Ischemic stroke is the most common type of stroke.

Stroke can happen at any age, so know the signs and know what it looks like.

#### WHO is AFFECTED?





#### WHAT are the RISKS?

VISIT canada.ca and SEARCH: stroke

FOLLOW US ON TWITTER: @PHAC\_GC
WWW.TWITTER.COM/PHAC\_GC

that's equivalent to the



Public Health Agence de la santé
Agency of Canada publique du Canada

IS THE **STRONGEST RISK FACTOR** FOR A STROKE

OTHER RISK FACTORS include Smoking, Obesity

**EVERY** MINUTE COUNTS

in a STROKE EMERGENCY!

Survival and full recovery are possible if one acts...

#### **HOW** to **PREVENT A STROKE**









## LEARN THE SIGNS OF STROKE

F ACE is it drooping? ARMS can you raise both? SPEECH is it slurred or jumbled? TIME to call 9-1-1 right away.

ACT FAST BECAUSE THE QUICKER YOU ACT,

Canada

## **VENDORS ON DISPLAY**

**JUNE 18 - JUNE 22, 2018** 

#### **Met Campus:**

Canadiana, Just Jewellery, Custom Essentials, Diane's Gifts, State Farm Insurance, Epicure, Sweets XS, G&D Jewellery, Funky Living

#### **Ouellette Campus:**

Little Red Door

\* Please note: Vendors are subject to change.

#### **INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL**



Jamie Burger ADMITTING ADMITTING



Laurette Dube REGISTERED MEDICINE



REGISTERED

MEDICINE



Denise Ausman VOLUNTEER SHOP

#### You Can Always Count On Them!

The Gift Shops at Windsor Regional Hospital open every day in order to give back toward patient needs. This is the mission of Windsor Regional Hospital Auxiliary whose members work tirelessly to raise funds on behalf of the hospital.

Recently, they announced that they raised \$122,214.00 as a result of gift shop sales during fiscal year, 2017/2018. The cheque will be presented to Windsor Regional Hospital at their Annual General Meeting being held this week. The Auxiliary receives a list of medical equipment needs and, through a process, approves an amount requested by the Windsor Regional Hospital Foundation.

The WRH Auxiliary were also recognized for their support of a Women's Consultation Room in the Breast Health Centre. named after them. The room is available to professional staff who need to meet privately and discuss any issues that may have been detected as a result of a mammogram.

The WRH Auxiliary, formerly the Metropolitan General Hospital Auxiliary, have a long history of giving. They formed in 1934, raising \$416 that first year. In those early years, they raised money from bridge parties, rummage sales and selling jams and jellies. Sewing of hospital linen became a project as well as purchasing books for the children's ward.

Most significant was the time of the opening of the Metropolitan General Hospital School of Nursing in the Kildare Building (1948-1974) where they provided scholarships, hosting parties, and supporting nursing graduation ceremonies.

Throughout the decades, the Auxiliary has raised millions of dollars, specifically from revenue generated by the Gift Shop. The Auxiliary and Volunteers are recognized for their community service, distinguished by tireless service and significant contributions. Truly they have improved the quality of life for countless patients.





# **CANSWERS** CENTRE What's Up Doc?

This week on Canswers Centre Live we will talk about the patient/Oncologist relationship. Guests include Dr. Sindu Kanjeekal and Dr. Ken Schneider who have spent a combined forty-years of treating patients.

They will chat about how patients can make the most out of an Oncologist visit, what if anything is off limits during conversations with patients and how to build trust in a patient/ Oncologist relationship. Canwsers Centre Live! Is an interactive, LIVE discussion on Facebook. You can join in on the LIVE webcast, ask questions or share your stories this Wednesday, June 20th on the WRH Facebook page, starting at 7:00

### Chat with us live on FB Wednesday at 7 PM.





## Meet the Greeter with A Smile!



Evervone comina nto the Goveau Street entrance of the Ouellette Campus knows Vickie Puskas. She is the Security Guard with the big smile at the Welcome Desk, greeting patients, families, staff and DES volunteers every diligent about reminding everyone to wash their nands and assists in or outside the lobby when necessary.

Vickie was recently presented with the G4S Employee of the Month Award nominated by one of her co-workers for her great care, compassion and dedication. With her knowledge of the Ouellette Campus, she has become an immense asset for all those needing assistance in what can be a stressful environment. Congratulations Vickie on receiving this much deserved recognition.