

RUN. JOG. WALK.
 IN SUPPORT OF WRH URGENT CARE CENTRE
SATURDAY, SEPTEMBER 8, 2018
 RIVERFRONT FESTIVAL PLAZA
 Registration: 8:00am / Warm Ups: 8:30am / 5K Start: 9:00am / 1K Start: 9:30am
 Please visit our website for more information about this charity event or call us directly at 1-844-RUN-4WDS
www.runforwindsor.com



BINGO CHARITY NIGHTS
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:

Breakaway Gaming Centre
 655 Crawford

COMPLIMENTARY SOFT DRINK OR COFFEE & FREE GIFT TWO \$50 GIFT CARD GIVEAWAYS

CHARITY #W939

#RECIPEOFTHEWEEK

Sriracha Marmalade Glazed Salmon

Makes 4 servings
 Preparation Time: 10 min
 Prep Time: 20 min



- 1 teaspoon coarse kosher salt
- 4 4-ounce portions boneless skinless salmon filet
- 1 teaspoon avocado oil
- ¼ cup orange marmalade
- 1 tablespoon Sriracha

Preheat oven to 425 degrees F. Sprinkle salt all over the salmon. Heat a large oven-proof skillet (preferably cast iron) over medium-high heat. Add oil and brush over the bottom of the skillet with a heat proof pastry brush. When oil is very hot, lay salmon in the skillet, skinned side-down and let cook undisturbed until the bottom is browned and the fish releases easily from the hot skillet, 3 to 4 minutes. Meanwhile, stir marmalade and Sriracha in a small bowl. Carefully flip fish over and spoon the marmalade mixture over the fish. Transfer the skillet to the oven and let continue cooking until the fish is just barely opaque in the center, 2 to 4 minutes for medium-well. Serve hot.

NUTRIENTS Per Serving Calories 301; Fat 13g; Carbs 17g; Protein 28 g; Fiber : 0 g; Sugar 14 g; Sodium 620 mg

FRATERNAL ORDER SUPPORTS THE NICU

Several members of the Erie Chapter No. 19, Order of the Eastern Star visited the Met Campus last week and donated \$4,000 toward the purchase of baby weight scales for the Neonatal Intensive Care Unit.

The Order, affiliated with the Florence Nightingale Home Foundation is the largest fraternal order to which Master Masons and their relatives are members. The organization raises funds from their community and support local initiatives, in this case, the NICU and baby weight scale needs.

The NICU was established at the former Salvation Army Grace Hospital on Crawford Avenue in 1982, relocating to the Met Campus in 2003 as part of hospital mergers at the time. Under the leadership of Dr. Godfrey Bachevie, Medical Director of the NICU, it has a Level III designation to care for newborns with selected high risk problems requiring intensive monitoring and observation.



FRONTLINE TRIBUNE JUNE 25, 2018
 VOLUME 6 / EDITION 26

COMPASSION is our PASSION

WINDSOR REGIONAL HOSPITAL
 OUTSTANDING CARE - NO EXCEPTIONS!

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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WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

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CATH LAB UPDATE

As of March 26th the Cardiac Cath Lab has been working with the new upgraded Philips Clarity FD10 series table that has seen a 70% radiation reduction compared to the old table that was installed in 2005.

The previous table was at its end of life and had become unreliable with various issues that would cause us to close the lab for maintenance. With only having one table and having over 2500 procedures performed yearly, it was a well used table. With this upgraded system, we can be assured that the Cath Lab table is reliable, has newer technology for patient's imaging and less radiation exposure for patients and staff working in the room.



The monitor is a 58 inch LED monitor that has integrated systems that add value to our patients by providing us with more useful diagnostic tools that can assist in making decisions about treatment and options. The C Arm has the ability to rotate 180 degrees and provides real time 3D impressions of the coronary anatomy with one injection, thereby reducing the amount of contrast dye the patient receives.



The physicians and nurses have noticed the improvements that this new table has offered and we were able to revamp the actual physical space to make it more functional and less cluttered.

Overall we can now continue to provide this essential Cardiac service to the patients within our community and LHIN without the fear of our old table shutting down.

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



UPCOMING EVENTS

- JUL 09** **Julian Small Golf Tournament**
Essex Golf & Country Club
7555 Matchette Road, LaSalle
- JUL 14** **Sts. Vladimir & Olga Charity Golf Tournament**
Seven Lakes Golf Course
3600 Seven Lakes Drive, LaSalle
- JUL 16** **Rafih Auto Group & Family Annual Charity Golf Tournament**
Beach Grove Golf & Country Club
14134 Riverside Drive East, Windsor
- JUL 18** **Team Clean**
Ouellette Campus
1030 Ouellette Avenue
- JUL 20** **Team Clean**
Met Campus
1995 Lens Avenue
- AUG 15** **Team Clean**
Met Campus
1995 Lens Avenue
- AUG 17** **Black Tie Tail Gate**
Beach Grove Golf & Country Club
14134 Riverside Drive East, Windsor
- SEPT 08** **Run For Windsor**
Riverfront Festival Plaza
Downtown Windsor
- OCT 25** **Do Good Divas**
Night in Handbag Heaven
www.dogooddivas.com
- JAN 26** **T2B GALA 2019**
Caesars 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.

BLACK
TIE
TAIL
GATE

YEE HAW!

★ ★ ★ ★ ★ ★

SAVE THE DATE
AUGUST 17th 2018

BEACH GROVE GOLF AND COUNTRY CLUB

IN SUPPORT OF




**LIVE PERFORMANCE BY
NASHVILLE COUNTRY STAR
JAKE MAURER**



Sponsorship and Ticket Packages Available!
Call our office today! (519) 985-2608

VENDORS ON DISPLAY JUNE 25 - JUNE 29, 2018

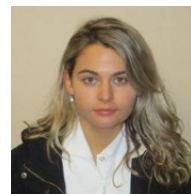
Met Campus:
Brands 4 Less, Sherry Caza, Edgukids, Connect Hearing
Just Jewellery, Alice & Betty Designs, Thirty-One Gifts

Ouellette Campus:
Robert Bishop, Epicure
* Please note: Vendors are subject to change.

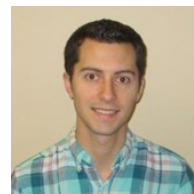
INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



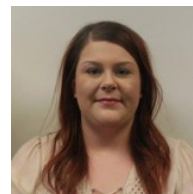
Jamie Burger
Registered Nurse
Oncology



Mariah Renaud
Reg. Practical
Nurse - Surgical Unit



Brent Vicary
Registered Nurse
Renal



Chelsea McMahon
Registered Nurse
Medicine 2

FREE BLOOD PRESSURE CLINIC ON FRIDAY AT OUELLETTE CAMPUS

The District Stroke Centre staff will be holding a free blood pressure clinic on Friday, June 29th from noon to 2 pm in the hallway behind Tim Hortons at Ouellette campus.

June is Stroke Awareness Month and part of the campaign to raise awareness about stroke prevention involves highlighting the fact that high blood pressure is the number one risk factor for stroke and is a major risk factor for heart disease.

Come to the clinic and have your blood pressure checked, and also learn about why it's important to have regular blood pressure checks and learn what you can do to control your blood pressure and reduce your risk.



CONGRATULATIONS! LWE Graduates

Leadership Windsor/Essex (LWE) is one of 22 Leadership programs across Canada. LWE promotes and encourages outstanding community leadership by developing the leadership capabilities of citizens who care about the community – those who understand its strengths and weaknesses and who are willing to make a personal investment to improve our community's quality of life. Our sincere congratulations to WRH most recent grads. For information about participating in Leadership Windsor Essex 2018/2019 contact Melissa Simas, Manager of Human Resources Ext. 32532.



(From Left to Right: Rose Deluca (Guest Services), Teena Ireland, (Guest Services), Amanda Marentette (Health Information Services) Bryan Giles (Emergency) Kelly McNorton (Pharmacy), Katharen Bortolin (Cancer Program) and Sheri Mcleod (Human Resources)

SHRINERS SUPPORTING LOCAL PAEDIATRIC SERVICES

Members of the Moramos Shrine Club of Windsor visited WRH Met Campus to make a donation to the Windsor Regional Hospital Foundation Paediatrics unit. The Moramos Shrine Club holds a number of fundraisers throughout the year and donated \$5,000 to Windsor Regional Hospital.



A "Shriner" is a member of the Ancient Arabic Order of Nobles of the Mystic Shrine, a charitable society founded in the US in 1872.

Members are known for wearing a **fez**, one of the most recognizable symbols of **Shriners**. Named after the city of **Fez**, Morocco, it represents the Arabian theme the fraternity was founded on. It also serves as an outward symbol of one's membership in the fraternity.

They can be seen at both WRH campuses selling their Christmas Cakes in the holiday season and their Blooming Bucks in the Spring.

The Moramos Shrine Club has raised and donated over \$220,000 since 2007.



Moramos Shriners Club of Windsor presenting their donation of \$5,000.00 to the Paediatric Unit at Windsor Regional Hospital.