



FRONTLINE JANUARY 15, 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
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WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

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January Is Alzheimer's Awareness Month

Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.

Alzheimer's is the most common form of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60% to 80% of dementia cases.

It should be understood that Alzheimer's is not a normal part of aging. The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. However, Alzheimer's is not just a disease of old age. Approximately 200,000 people under the age of 65 have younger-onset Alzheimer's disease (also known as early-onset Alzheimer's).

Alzheimer's worsens over time. It is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's individuals lose the ability to carry on a conversation and respond to their environment. Those with Alzheimer's live an average of eight years after their symptoms become noticeable to others, but survival can range from four to 20 years, depending on age and other health conditions.

Alzheimer's has no current cure; however, treatments for symptoms are available and research continues. Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. Today, there is a worldwide effort under way to find better ways to treat the disease, delay its onset, and prevent it from developing.

If you or a loved one has been diagnosed with Alzheimer's or a related dementia, you are not alone. The Alzheimer Society of Windsor and Essex County is a highly respected not-for-profit organization that has provided service to clients with Alzheimer's disease and related dementia and their caregivers since 1981 in a warm, caring environment. The mission of the Alzheimer's Society is to alleviate the personal and social consequences of Alzheimer's disease and their dementias.



Story continues on Page 2.

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



According to the National Advisory Committee on Immunization, in the absence of contraindications to the vaccine, refusal to be immunized against influenza is a failure in a health care provider's duty of care to patients.

January Is Alzheimer's Awareness Month Cont'd...

The local Alzheimer's Society.....

- promotes the rights and well-being of the person with Alzheimer's disease or related dementia;
- provides direct client care through their adult day program, in-home respite services and enhanced personal care;
- delivers support programs and counselling for individuals affected by the dementias; and
- provides information, educational materials and training opportunities to both informal and formal caregivers.

For more information on what is available to you from the Alzheimer Society of Windsor and Essex County, located at 2135 Richmond Street (directly across from Walkerville Collegiate) call 519-974-2220.

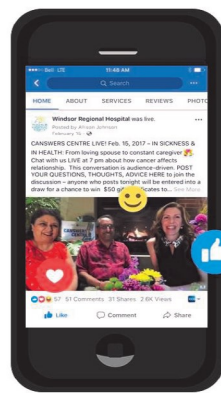
Get Moving With CANSWERS CENTRE LIVE!

CANSWERS CENTRE LIVE! is kicking off the new year with an exercise routine to get EVERYONE moving.

Instructors from the RENEW fitness program for cancer survivors will join host Allison Johnson in the Cancer Centre for an interactive, LIVE discussion about the benefits of exercise after cancer and the importance of keeping your body moving throughout the journey. They'll also demonstrate some stabilizing and strengthening exercises that are good for individuals at different stages in the cancer journey, or anyone looking to get fit!

CANSWERS CENTRE LIVE! is a monthly webcast that streams LIVE on the 3 Wednesday of every month. You can watch from home and post your questions for the guests in real time.

Get your questions ready, put on your runners and comfy clothes, and join the group on Facebook **Wednesday, January 17, at 7 pm.** You can also email your thoughts, questions or future topic suggestions to us at canswerscentre@wrh.on.ca.



QUESTIONS ABOUT CANCER?
WE HAVE ANSWERS!

CANSWERS CENTRE

Live!

Chat with us live on Facebook!



INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



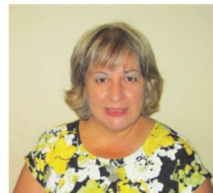
Tanya McGuiness
ADMITTING CLERK
INPATIENT REGISTRATION



Katherine Dubois
REGISTERED PRACTICAL NURSE
MENTAL HEALTH



Gregory Mastrogiacommo
ENVIRONMENTAL SERVICE WORKER
GUEST SERVICES



Linda Cardoso
REGISTERED NURSE
INTENSIVE CARE UNIT

Get your "Hats On" and make a difference for healthcare in your community!



HATS ON FOR HEALTHCARE WEDNESDAY, MARCH 7, 2018

2018 CAMPAIGN SUPPORTING THE NEONATAL INTENSIVE CARE UNIT (NICU)
AT WINDSOR REGIONAL HOSPITAL

The 9th Annual "Hats On For Healthcare" is a fundraising initiative supporting Windsor Regional Hospital. Participating individuals and organizations, together with their employees, members and clients are invited to put on their unique and creative head attire, make a donation and take part in many entertaining activities to help raise funds for the Neonatal Intensive Care Unit (NICU) at Windsor Regional Hospital.

Participating in the 2018 "Hats On For Healthcare" is a great way to show the community that you and your employees care about healthcare in Windsor-Essex.

www.hatsonforhealthcare.com

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).

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

CHARITY PASTA NIGHT



\$8.00
per person

Dinner includes
Pasta, Salad
& Roll

Riverside Sportsmen's Club
10835 Riverside Drive East

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

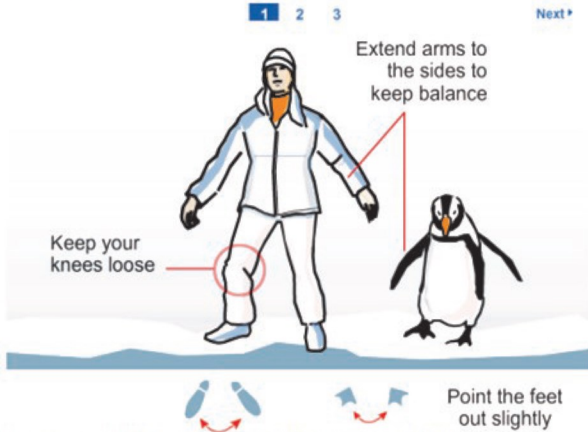
Winter Safety Tips

TAKE IT SLOW ON ICE & SNOW

- Wear slip-resistant footwear with traction on the soles.
- Walk with arms extended to the side and feet pointed outward
- Adjust your pace to surface conditions.
- Walk on cleared, well-lit walkways and avoid short-cuts and snow banks.
- Be aware of your surroundings and watch where you step.
- Use handrails when using stairs.
- Report slippery/icy conditions to Security.

Like a penguin

Tips for navigating safely on slippery ice.



Sources: Canada Safety Council, IMIF Graphic: Javier Zarracina/ Globe Staff

SNOW SHOVEL SAFETY

- Stretch before you begin to warm up your muscles and joints.
- Dress appropriately in multiple, breathable layers.
- Take breaks to give your heart a rest.
- Stay hydrated in prolonged periods of exercise/exposure.

PROPER TECHNIQUE FOR SHOVELLING SNOW



Keep feet wide apart. Put weight on front foot close to shovel and use leg to push shovel straight ahead.
TRISH McALASTER / THE GLOBE AND MAIL

Shift weight to rear foot and keep shovel-load close to body. Lift with arms and legs, not back.

Turn feet in the direction of throw and pivot entire body rather than twisting at the waist.

VENDORS ON DISPLAY JANUARY 15 - 19, 2018

Met Campus: Galaxy Medical Alert, Beer Nuts, Home Instead, Lories Glass, Custom Essentials.

Ouellette Campus: Galaxy Medical Alert, Coconut Oil of Canada, Magnets for Health.

*Please note: Vendors subject to change.

RECIPE OF THE WEEK

Turkey And Lettuce Wraps

Makes 8 servings

Preparation: 10 min

Cooking Time: 9 min



INGREDIENTS

- 1 tsp. olive oil
- 1 lb 93% lean ground turkey
- ½ medium red onion chopped
- ½ medium red or green bell pepper chopped
- 1 clove garlic finely chopped
- 1 green onion chopped
- ¾ cup chopped water chestnuts
- 1 Tbsp. reduced-sodium soy sauce
- 1 Tbsp. rice vinegar
- 2 Tbsp. chopped fresh cilantro
- 1 large head lettuce (red leaf/romaine/bibb) leaves separated

DIRECTIONS

Heat oil in medium saucepan over medium-high heat. Add turkey, onion, and bell pepper; cook, stirring frequently, for 4 to 6 minutes, or until turkey is cooked through and onion is translucent. Add garlic, green onion, water chestnuts, soy sauce, and vinegar; cook, stirring occasionally, for 2 to 3 minutes, or until most of the liquid has evaporated. Add cilantro; mix well. Remove from heat. Evenly spoon mixture onto lettuce leaves; wrap the leaves around mixture, and eat!

NUTRIENTS Per Serving:

Calories: 116, Protein: 12g, Total Fat: 5 g, Carbohydrates: 2g, Sugar 2g, Fibre 1 g, Sodium 120mg

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