



# FRONTLINE TRIBUNE

OCTOBER 8, 2018

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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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OUT IN HANDBAG HEAVEN

## WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

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



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

## Happy Thanksgiving 2018!

Monday, October 8, 2018 is a statutory holiday in Canada celebrating Happy Thanksgiving across the country. The concept of Thanksgiving goes back long before Europeans settled in North America. Europeans celebrated festivals of thanks and celebrations of harvest through Europe during the month of October.

The Thanksgiving holiday tradition in Canada dates back to when the English explorer, Martin Frobisher, came upon the land we now know as Canada while searching for a Northern passage to the Orient. When Frobisher settled in Canada, he held a formal ceremony where he gave thanks for surviving the long journey. Thanksgiving became a nationally recognized holiday in Canada in 1879.

Today, it is celebrated by gathering with loved ones and preparing the Thanksgiving Day meal, which usually includes turkey, mashed potatoes, stuffing, cranberry sauce and many other dishes. And don't forget pumpkin pie with whipped cream topping!

In the United States, the holiday feast dates back to November, 1621, when the newly arrived Pilgrims and the Wampanoag nation gathered at Plymouth, Massachusetts for an autumn harvest celebration, an event regarded as America's "first Thanksgiving". In 1789, President George Washington requested the U.S. Congress to declare Thanksgiving a public holiday during the harvest season, selecting the fourth Thursday of November each year. Again, a day when families and friends gather to give thanks and celebrate with dinner, parades and NFL football games!

Happy Thanksgiving to all at Windsor Regional Hospital.



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

# UPCOMING EVENTS

**OCTOBER - NOVEMBER 20, 2018**  
**Alzheimer's Society of Windsor Essex**  
**Coffee Break Campaign**

**OCTOBER 13, 2018**  
**Baby Steps: A Walk To Remember**  
 Essex Centre Sports Complex  
 60 Fairview Avenue, Essex

**OCTOBER 14, 2018**  
**ECCCA Charity Walk-A-Thon**  
 Dieppe Gardens, Windsor

**OCTOBER 20, 2018**  
**Halloween Family Spooktacular**  
 Malden Park  
 4200 Malden Road, Windsor

**OCTOBER 22 - NOVEMBER 9, 2018**  
**WRH Family Giving Campaign**

**OCTOBER 25, 2018**  
**Do Good Divas**  
 Night in Handbag Heaven  
 www.dogooddivas.com

**NOVEMBER 15, 2018**  
**City Of Roses Sixth Annual Emergency**  
**Medicine Conference**  
 Ciociaro Club  
 3745 North Talbot Road, Windsor

**DECEMBER 16, 2018**  
**Children's Christmas Party**  
**Ciociaro Club**  
 3745 North Talbot Road, Tecumseh

**JANUARY 26, 2019**  
**T2B Gala**  
 Caesars Windsor  
 377 Riverside Drive East, Windsor



Last year 80,000 people died from influenza infection in the United States including 180 children. Most of the children that died had not been vaccinated.

Breast Cancer Awareness

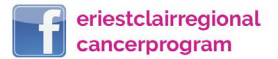
# PINKTOBER

Every Wednesday in October  
 wear pink & show your team spirit.

Email your photos to  
[ScreeningContest@wrh.on.ca](mailto:ScreeningContest@wrh.on.ca)  
 for a chance to win a Tim Horton's Gift Card



Watch our social media  
 accounts for your photos!



To learn more about Breast Screening visit:  
[www.cancercareontario.ca/en/types-of-cancer/breast-cancer/screening](http://www.cancercareontario.ca/en/types-of-cancer/breast-cancer/screening)

## VENDORS ON DISPLAY

OCTOBER 9 - 12, 2018

**Met Campus:** Crystal Clear Jewellery, Accessorize it, Brands 4 Less, Robert Bishop Artwork, Sweetlegs, Just Jewellery

**Ouellette Campus:** Funky Living, Robert Bishop Artwork

Please note: Vendors subject to change.

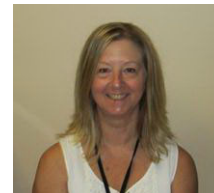
### INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



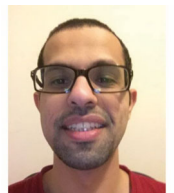
**Shaina Moauro**  
 MDRD TECHNICIAN  
 MEDICAL DEVICE  
 REPROCESSING



**Melissa Vincent**  
 SPEECH THERAPIST  
 SPEECH  
 PATHOLOGY



**Catherine Hotham**  
 FOOD SERVICE WORKER  
 GUEST  
 SERVICES



**Dr. Wael Alqarawi**  
 PROFESSIONAL  
 STAFF  
 CARDIOLOGY



## Recognizing Diversity: The Global Mitra Award

Do you know of a colleague or unit, employees, professional staff or volunteer who deserves recognition to their dedication in providing service that is equal to all, regardless of their religious, ethnic or cultural background?



Submit the name of that team member or unit for a Global Mitra Award!

The Global Mitra Award is an award that is designated to an employee and /or a unit who has contributed to the expression of diversity at Windsor Regional Hospital.

Mitra, in the ancient Indian language of Sanskrit, is the patron divinity of honesty, friendship, contracts and meetings. Subsequently, it was commonly used to mean "friend".

Thus naming the award of the Diversity Committee as the "Global Mitra Award" seems to bring out the essence of the Award, as denoting a person who has the attributes of service towards the world community regardless of their race, creed, disability or any other ground established by the Human Rights Code.

This year, the Diversity Committee seeks to award an employee and / or unit with the Global Mitra Award. The winners will be announced on December 3, 2018. You can find a nomination form online through the home page of our Intranet.

Please help us recognize those in our organization who celebrate diversity!



# BABY STEPS



## A Walk to Remember

**October 13th 2018**  
**REGISTRATION 8:00AM / WALK 9:00AM**

**Essex Centre Sports Complex**  
**60 Fairview Ave, Essex Ontario**

**Registration \$25 includes T-shirt**  
**Registration & Pledge Forms can be found online**

### To Contact Baby Steps and Find More Information

Website: [essexbabystepswalktoremember.com](http://essexbabystepswalktoremember.com)  
Email: [essexbabystepswalktoremember@gmail.com](mailto:essexbabystepswalktoremember@gmail.com)  
Phone: 519-903-6249

## 加拿大雅斯郡華人協會 Essex County Chinese Canadian Association

**Sunday Oct. 14 2018**  
**charity 慈善行 walk-a-thon**

**為本埠醫院購買醫療設備  
TO PURCHASE MEDICAL EQUIPMENT FOR LOCAL HOSPITAL**

集合地點: 河濱公園  
Where: Dieppe Park  
集合時間: 上午10點  
When: 10:00am  
路程: 河濱公園-->大使公園-->河濱公園  
Route: Dieppe Gardens --> Ambassador Park --> Dieppe Gardens  
報名  
請於08/Oct/2018或之前把填妥的報名表格, 連同捐款總額交到華協會。  
REGISTRATION  
Please return registration form and total donation to ECCCA on or before 08/Oct/2018

**3RD ANNUAL HALLOWEEN FAMILY SPOOKTACULAR**  
**SATURDAY, OCTOBER 20TH**

PRESENTED BY **MIX96.7**  
HOSTED BY #T2BYOUTHAMBASSADORS | MALDEN PARK | 12PM-5PM

- BBQ • FACEPAINTING • GAMES
- LIVE ENTERTAINMENT
- FAMILY PHOTO OPPS • COSTUME CONTEST
- COSTUME CHARACTERS
- PUMPKIN DECORATING
- AND MUCH MORE!

FEATURING **DOGGIE COSTUME WALK**  
**\$25 MINIMUM PLEDGE PER PERSON 11:30AM START**

**FREE ADMISSION FROM 12-5PM**

Thank you to our sponsors:

**WINDSOR REGIONAL HOSPITAL**  
OUTSTANDING CARE - NO EXCEPTIONS

**THE STEPHANIE & BARRY ZEKELMAN FOUNDATION**

**LIUNA!625**

**ROSATI**  
DEVELOP • DESIGN • CONSTRUCT

**LIVE PRODUCTION GROUP**

FOR MORE INFORMATION CALL 519.944.5143 OR EMAIL [INFO@T2B.CA](mailto:INFO@T2B.CA) OR CALL 519.966.5751 EXT. 23 OR [EVENTS@WINDSORHUMANE.ORG](mailto:EVENTS@WINDSORHUMANE.ORG)





# WIN THIS

## Harley-Davidson

2018 FL Street Glide

### WINNING TICKET

WILL BE DRAWN ON  
SATURDAY, OCTOBER 13<sup>TH</sup>  
AT THE THOMPSON HOUSE  
(WINNER NEED NOT BE PRESENT)

License #M801481

**\$100** PER TICKET



PROVIDED AND SUPPORTED BY:

**Rapid Drainage Ltd.**  
Lakeshore, ON ☎ (519) 727-5556 ✉ rapiddrainage@bellnet.ca

**Authentic Property Maintenance Inc.**



# TICKETS SOLD HERE!

Or by Calling W.E. Care for Kids at (519) 985-2608



## A Girls Night Out In Handbag Heaven

Featuring the Auction of Handbags donated by Celebrities,  
Retailers and Generous Individuals

**Special Silent Auction Feature**  
Vintage & Collectible Handbags

**Thursday, October 25th, 2018**

Giovanni Caboto Club | Doors Open 5:00 PM / Dinner 6:30 PM



Ticket price includes Dinner,  
Tim Hortons Coffee Bar and much more.

**\$60.00** Each / **\$550.00** Table of 10

Call: 519-735-0211

Email: [tickets@dogooddivas.com](mailto:tickets@dogooddivas.com)

Proceeds to benefit the Unemployed Help Centre  
"Shuttling for Success" program.

Handbag Donations Appreciated | Drop off during business hours at

**Harmony Day Spa**  
4114 Walker Road, Ferrari Plaza, Suite 3  
Windsor, Ontario N8W 3T5

**Forest Glade Fireplaces**  
11400 Tecumseh Road  
Windsor, Ontario N8N 1L7

[www.dogooddivas.com](http://www.dogooddivas.com)



# #RECIPEOFTHEWEEK

## Sweet Potato-Peanut Bisque

Makes 5 servings

Preparation/Cooking: 30 min



### INGREDIENTS

- 2 sweet potatoes (10-12 ounces each)
- 1 tablespoon canola oil
- 1 small yellow onion, chopped
- 1 large clove garlic, minced
- 3 cups low sodium tomato-vegetable juice or tomato juice
- 1 (4-ounce) can diced green chiles, preferably hot, drained
- 2 teaspoons minced fresh ginger
- 1 teaspoon ground allspice
- 1 (15-ounce) can vegetable broth
- ½ cup smooth natural peanut butter
- Freshly ground pepper to taste
- Chopped fresh cilantro leaves for garnish

### DIRECTIONS

Prick sweet potatoes in several places with a fork. Microwave on High until just cooked through, 7 to 10 minutes. Set aside to cool. Meanwhile, heat oil in a large saucepan or Dutch oven over medium-high heat. Add onion and cook, stirring, until it just begins to brown, 2 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in juice, green chiles, ginger and allspice. Adjust the heat so the mixture boils gently; cook for 10 minutes. Meanwhile, peel the sweet potatoes and chop into bite-size pieces. Add half to the pot. Place the other half in a food processor or blender along with broth and peanut butter. Puree until completely smooth. Add the puree to the pot and stir well to combine. Thin the bisque with water, if desired. Season with pepper. Heat until hot. Garnish with cilantro, if desired.

### NUTRIENTS Per Serving

Calories: 286; Protein: 8g; Total Fat: 16g; Carbohydrates: 29g; Sugar 13g; Fibre 2g; Sodium 314mg

YOU HAVE THE POWER  
TO GIVE LIFE.



## Windsor Blood Donor Clinic

3909 Grand Marais Road East, Windsor

Monday: 3 p.m. – 7 p.m.

Tuesday & Wednesday: 3 p.m. – 7 p.m.

Thursday: 11:30 a.m. – 7:30 p.m.

Friday & Saturday: 8 a.m. – 12 NOON



DONATE BLOOD AND JOIN THE MOVEMENT: [BLOOD.CA](http://BLOOD.CA)

## Correction To Last Week's Newsletter

The Windsor Regional Cancer Program and Breast Health Centre advises women to obtain a mammogram every two years, essential for early detection and treatment.