



# FRONTLINE JANUARY 22, 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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## Recognizing World Cancer Day With A Chance To Test Your Cancer ID

The Erie St. Clair Regional Cancer Program and The Cancer Undergraduate Research and Education Students (CURES) are teaming up to host a Cancer Education Fair at both Windsor Regional Hospital campuses on Friday, February 2, 2018 from 10 am – 2 pm.

Team members will be on site with activity booths to engage and educate visitors and staff on cancer research in the Windsor community. Participants will have the opportunity to win prizes by "Guessing the Cancer" and testing their "Cancer IQ".

The CURES team is a group of undergraduate students at the University of Windsor who work in conjunction with the Windsor Cancer Research Group (WCRG) and volunteer their time to promote cancer research in our community.



## Nominations For The Human Touch Awards Are Open

### What are the Human Touch Awards?

CCO, through Cancer Care Ontario and the Ontario Renal Network, is proud to recognize exemplary and compassionate patient care by healthcare professionals, providers and volunteers in the cancer and kidney care systems.

### Who can be nominated for a Human Touch Award?

All part-time and full-time healthcare professionals, providers and volunteers who work directly with patients receiving cancer care are eligible to be nominated.

### Who can submit a nomination?

Nominations can be submitted by anyone, including patients, patients' families, peers, Regional Vice-Presidents, Regional Directors, supervisors and managers.

### When is the submission deadline?

Please complete the nomination form by March 7, 2018 by visiting [www.ccohealth.ca/HumanTouchNomination](http://www.ccohealth.ca/HumanTouchNomination)



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



# UPCOMING EVENTS

- 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 Spitfire 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



Health care providers should regularly review individuals under their care to ensure that the person's immunization status is up to date and that they have been made aware of new vaccines that are or may be indicated for them.

## Snow Angels In Need This Winter!

This winter, you can help those in our community that need support. The Snow Angels Program matches volunteers with senior citizens and persons with physical disabilities who need help clearing their sidewalks. The process is simple. When it snows, you would go to your assigned address and clear the snow from City of Windsor sidewalks (within 12 hours of the snowfall). It's a great way for students to round out their community hours!



For more information call 311, email 311@citywindsor.ca or visit the City of Windsor website at www.citywindsor.ca and search Snow Angels. Registered volunteers will be eligible to win a free tablet or 1 of 2 \$50.00 Rec Express Cards!



## BUTT OUT BY JAN. 1

### Don't give up when you are trying to Butt Out!

There's never a bad time to quit smoking – but new legislation in effect this year gives more reason to quit if you work at a hospital.

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 and means all hospitals were mandated to remove any remaining Designated Smoking Area (DSA) used by staff, patients and visitors.

This is the month where many of us are working on our New Year's resolutions – or abandoning them if they didn't work out! However, it often takes multiple attempts to kick the habit. The Ontario government offers a number of tips at www.ontario.ca/page/support-quit-smoking, including these stats that show people how to continue trying to quit even if they've failed in the past:

- In 2014, 43% of smokers aged 18+ said they made a serious attempt at quitting (going without smoking for at least 24 hours) in the previous 12 months.
- Also in 2014, 32% of smokers 18+ said they intended to quit in the next 30 days, up from 23% the year before.

One suggestion is to quit gradually – by smoking less often, smoking fewer cigarettes in a row or trying to go longer between smokes. The Ontario government offers some of the following ways people battle this addiction by developing new habits:

- using matches instead of a lighter, as they run out sooner and harder to light;
- putting cigarettes in an out-of-the-way spot instead of having them on you, so you have to "go get them";
- butting out after half a cigarette instead of finishing it; and
- delaying your first smoke of the day by an hour and then adding another 15 minutes to the time before the next one, a half hour to the next and so on.

For more tips, go to our website [www.wrhubbutout.ca](http://www.wrhubbutout.ca).

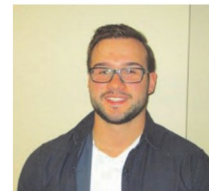
## INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



**Anthony Ogini**  
REGISTERED NURSE  
INTENSIVE CARE UNIT



**Christine Gyorgy**  
PHARMACY TECHNICIAN  
PHARMACY



**Joshua Melnyk**  
REGISTERED NURSE  
MED/SURGICAL CLINICS



**Kristina Kezic**  
REGISTERED PRACTICAL NURSE  
INPATIENT SURGICAL

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](http://www.hatsonforhealthcare.com)



### FOR THE CONVENIENCE OF STAFF AND VISITORS DRYCLEANING SERVICE NOW AVAILABLE IN OUR GIFT SHOP MET & OUELLETTE CAMPUS

PROCEEDS SUPPORT WINDSOR REGIONAL HOSPITAL  
EQUIPMENT PURCHASES



PROUDLY PROVIDED BY:



IXL CLEANERS LTD.

## First Annual Baby Steps Walkathon A Success

Representatives from the Knights of Columbus Holy Name Council 3305 were on hand to present a cheque for \$2000 to the WRH Foundation. The donation supports the Hospital's Perinatal Bereavement program.

The Perinatal Bereavement Committee of Windsor Regional Hospital provides care for parents experiencing perinatal loss. The program offers parents an opportunity to acknowledge the birth and death of their baby including photographs, footprints, certificates, special clothing/blankets and spiritual needs. It also provides the family with bereavement support through compassionate listening, grief support, information and support after leaving the hospital.

The Windsor Regional Hospital Spiritual Care department, with the assistance of the Perinatal Bereavement Committee hosts an annual memorial service, 'A Time To Remember' offering healing, comfort, support and encouragement to parents and families.



Photo above (left to right): Patti Harrison, Crystal Palumbo, Manager Allied Health Services, Rosemary Hogan-Kobrynovich, Chairperson, Perinatal Bereavement program, BJ Harrison (Grand Knight) and David LaChapelle.

## VENDORS ON DISPLAY JAN. 22 - JAN.26, 2018

**Met Campus:** Magnets for Health, Scentsy; Azara Boutique, Coconut Oil of Canada, Express Uniforms.

**Ouellette Campus:** Express Uniforms, Tupperware, Red Diamond Nuts, Unique Books

## VENDORS ON DISPLAY JAN. 29 - FEB.2, 2018

**Met Campus:** Kidbits; Mary Christine Smith Teas, Diane's Gifts, Just Jewellery, Coconut Oil of Canada

**Ouellette Campus:** Kidbits, Red Diamond Nuts.

\*Please note: Vendors subject to change.

## Winter Safety Tips 2

### TAKE IT SLOW ON ICE & SNOW

- Monitor weather and road conditions before heading out.
- Completely remove all snow/ice from exterior of vehicle prior to driving.
- Regularly check defrosters/heaters, antifreeze, brakes, and battery condition.
- Ensure lights and indicators are working.
- Keep gas tank at least half full to prevent moisture in fuel line
- Consider winter or all-season wiper blades and carry extra washer fluid.
- Consider snow tires.
- Consider a winter survival kit (see graphic at right)
- Slow down, keep a safe distance and understand how your vehicle reacts to winter conditions.



### HANDS & SKIN CARE

- If hands are dry or chapped use a non-scented hand lotion. (but ensure hands are thoroughly dry before donning gloves)
- Moisturize more and use lip balm frequently when heading outdoors during colder weather.
- Stay hydrated.
- Use sunscreen as winter sun can still damage your skin.
- Wear thermal/layered/protective clothing.
- Limit exposure to harsh winds and cold weather.
- Increase humidity in heated areas, if necessary.



# RECIPE OF THE WEEK

## Cauliflower Topped Sheppard's Pie

Makes 6 servings

Preparation: 20 min

Cooking Time: 30-60 min



### INGREDIENTS

- 6 cups cauliflower, cut into pieces
- 2 oz cream cheese
- 1 clove garlic
- ½ tsp black pepper
- 1 cup carrots, diced small
- 1 cup onion, chopped
- 2 Tbsp all-purpose flour
- 1 cup low-sodium beef broth
- 1 Tbsp canola oil
- 1 lb lean ground beef
- 1 Tbsp tomato paste
- ½ tsp black pepper

### DIRECTIONS

Bring a pot of water to a boil. Once boiling carefully add the cauliflower pieces and cook until very soft. During the last minute or so add the garlic. Drain cauliflower and carefully put into a blender and blend until smooth. Add the cream cheese and pepper and blend just to combine. Set aside. Bring another pot of water to a boil and add carrots. Cook until tender but still firm. Drain and set aside. Heat the oil in a large frying pan. Add the onion and cook until translucent. Add ground beef and cook until well browned. Pour off excess fat, then stir in flour and cook 1 minute. Add tomato paste and broth and bring to a boil. Reduce heat to a simmer and cook for 5 minutes more. Stir in carrots and black pepper. To assemble, spread the meat mixture on the bottom of the dish. Top with the cauliflower mixture and smooth with a spoon. Bake for 30 minutes or until the top is brown and bubbly. Serve warm. Can Freeze: Cover with freezer wrap and aluminum foil and store in freezer for up to 2-3 months. Bake at 350 degrees for one hour from frozen.

### NUTRIENTS Per Serving:

Calories: 329; Protein: 26.8g; Total Fat: 18.7 g; Carbohydrates: 13.7g; Sugar 6g; Fibre 4 g; Sodium 180mg

# FUN FRUIT FACTS TO FILL YOUR MELON

## It Is Not About The Health Benefits. Ok There Is That Too!

Fresh fruit contains lots of good stuff, including fiber, antioxidants, vitamins, and minerals.

As someone who works in marketing, I really appreciate the packaging. Take apples. Green, Red, Pink, great eye catching colors and you can eat the wrapper?

Or Bananas, who would have thought of creating a bright yellow container that peels away and bio-degrades?! Genius! The best part – fruit tastes great!

And you don't feel guilty eating them. So dig in! The cafeteria at the Ouellette Campus is going to start carrying some tasty (and healthy) fresh fruit.

When the 3 pm sugar craving hits, put down the chocolate bar and pick up a banana!