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COMPASSION is our
PASSION



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WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

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@WRHospital



On the first day of Christmas, my true love gave to me , a partridge in a pear tree.

On the second day of Christmas, my true love gave to me two turtle doves, and a partridge in a pear tree.

On the third day of Christmas, my true love gave to me three French hens, two turtle doves and a partridge in a pear tree.

On the fourth day of Christmas, my true love gave to me four calling birds, three French hens, two turtle doves and a partridge in a pear tree.

On the fifth day of Christmas, my true love gave to me five gold rings, four calling birds, three French hens, two turtle doves and a partridge in a pear tree.

On the sixth day of Christmas, my true love gave to me six geese a layin', five gold rings, four calling birds, three French hens, two turtle doves and a partridge in a pear tree.

On the seventh day of Christmas, my true love gave to me seven swans a swimmin', six geese a layin', five gold rings, four calling birds, three French hens, two turtle doves and a partridge in a pear tree.

On the eighth day of Christmas, my true love gave to me eight maids a milkin' seven swans a swimmin', six geese a layin', five gold rings, four calling birds, three French hens, two turtle doves and a partridge in a pear tree.

On the ninth day of Christmas, my true love gave to me nine ladies dancin', eight maids a milkin' seven swans a swimmin', six geese a layin', five gold rings, four calling birds, three French hens, two turtle doves and a partridge in a pear tree.

On the tenth day of Christmas, My true love gave to me ten lords a leapin', nine ladies dancin', eight maids a milkin', seven swans a swimmin', six geese a layin', five gold rings, four calling birds, three French hens, two turtle doves and a partridge in a pear tree.

On the eleventh day of Christmas, My true love gave to me eleven pipers pipin', ten lords a leapin', nine ladies dancin', eight maids a milkin', seven swans a swimmin', six geese a layin', five gold rings, four calling birds, three French hens, two turtle doves and a partridge in a pear tree.

On the twelfth day of Christmas, my true love gave to me twelve drummers drummin', eleven pipers pipin', ten lords a leapin', nine ladies dancin', Eight maids a milkin', seven swans a swimmin', six geese a layin', five gold rings, four calling birds, three French hens, two turtle doves and a partridge in a pear tree.

To all Windsor Regional Hospital employees, professional staff and volunteers, Happy Holidays!



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

OUTSTANDING CARE - NO EXCEPTIONS!

UPCOMING EVENTS

JANUARY 26, 2019

T2B Gala

Caesars Windsor
377 Riverside Drive East, Windsor

FEBRUARY 2, 2019

In Honour Of The Ones We Love Gala

Ciociaro Club
3745 North Talbot Road, Oldcastle

MARCH 5, 2019

Hats On For Healthcare Day

Windsor Regional Hospital, Windsor-Essex

MARCH 8, 2019

International Women's Day

Ciociaro Club Of Windsor
3745 North Talbot Road

APRIL 19, 2019

Volunteer Appreciation Party

Riverside Sportmen's Club
10835 Riverside Drive East, Windsor

MAY 23, 2019

WRHF Annual Golf Tournament

Essex Golf & Country Club
7555 Matchette Road, LaSalle

JUNE 19, 2019

Funkenhauser Family - A Day For A Life Golf Tournament

Kingsville Golf & Country Club
640 County Road 20, Kingsville

JUNE 22, 2019

Sail Into Summer Dinner

Windsor Yacht Club
9000 Riverside Drive East, Windsor

JULY 20, 2019

Rafih Auto Group Annual Golf Tournament

Beachgrove Golf & Country Club



An outbreak of polio which first began in Eastern Syria in June 2017 has been successfully stopped, the WHO has reported. Overall, there were 74 polio cases in the country, and there was no cross-border or international spread.

Mission Navigator Helps Patients In The Emergency Department (ED)

A new collaboration between WRH and The Downtown Mission will give direct guidance and support to our homeless, those at-risk of homelessness, and those suffering addictions or substance-related challenges after an ED visit.

The new role of "Mission Navigators" begins this month. As employees of The Downtown Mission's Phoenix Recovery and Wellness Program, a navigator stationed onsite at the Ouellette campus ED from 2 pm to 10 pm each weekday (and alternating weekend coverage) will help ensure discharged patients have support in the community and are aware of any follow-up care needs that have been arranged.

"Too many times individuals are discharged from the hospital with instructions for follow-up care but that follow-up care is missed and the person returns to the Emergency Department with exacerbation of their underlying issue," said Dr. Don Levy, Chief of Emergency Medicine, WRH. "This concept is aimed at helping individuals with non-clinical assistance to help them navigate the system in our community, improve their health and wellness and hopefully prevent returns to the ED based on the same medical issue."

The onsite Mission Navigator will work closely with a second Navigator stationed at the Downtown Mission offices at 664 Victoria Ave. The Navigator will also attend Met campus when necessary.

Patients who will benefit from this project mainly include those who identify experiencing homelessness or are at risk of being homeless. The Navigator will engage with the patient – based on consultation with the ED team – to help coordinate housing, clothing and food needs or shelter requirements. For example, if the patient has indicated he/she has no place to sleep that evening, the Navigator can arrange for temporary shelter and other basic needs such as meals.

The Navigator will also provide peer support to patients and help them connect to various recovery and wellness programs at the Mission, such as an addictions recovery program, a women's support group, the Distress Centre, Windsor Youth Centre programming or other community supports outside of the Mission.

The Navigator would also keep track of patients when they leave the ED doors to remind them of follow-up appointments, or to liaise and contact other community partners who could assist.



Photo: Ron Dunn, Executive Director of The Downtown Mission speaking at a press conference regarding the new Mission Navigator.

INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Alexandra Fanick
PHARMACIST
PHARMACY



Todd Pribanic-White
REGISTERED NURSE
SURGERY



Sydney Buston
REGISTERED NURSE
MEDICINE



Nagham Saor
EMERGENCY DEPARTMENT
VOLUNTEER SERVICES

My Care Journey App Updated To Help More Patients Prepare For Surgery And Recovery

Patients visiting WRH for Breast Surgeries (lumpectomy, mastectomy or breast reconstruction), Prostatectomy and Hysterectomy can now download the WRH My Care Journey App and find valuable information about what to expect before, during and after their surgeries.

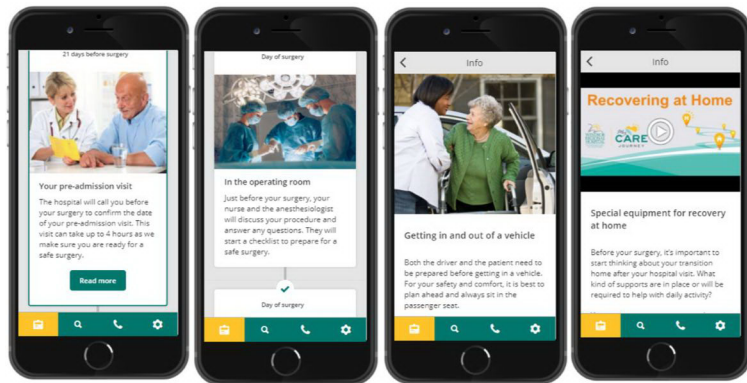
The WRH My Care Journey App includes information about how to prepare for the surgery, what to expect while in hospital, and what patients can do to play an active role in their recoveries.

The goal is to give patients the right information about their care and treatment at the right time. Keeping patients informed helps empower them in their recovery and reduce any unnecessary anxiety.

The app is part of a larger WRH initiative called Quality Based Procedure (QBP) bundles. These include treatment-specific workflow and communication tools for physicians, nurses, patients and family members to make sure patients receive standardized care based on best practices.

The new patient journey information will help approximately 511 patients each year who undergo the surgeries. Other treatments already available on the app include COPD, Chronic Heart Failure, Ischemic Stroke, Hemorrhagic Stroke, TIA, Hip Fracture, Hip Replacement, Knee Arthroscopy, Knee Replacement and Pneumonia.

Download the free app today at the Apple iTunes Store or Google Play. The information is also available online in five different languages (English, French, Arabic, Italian & Spanish) at www.wrh.on.ca/MyCareJourney.



IODE Chapter Gives Back

The Dr. Norman A. McCormick Chapter, IODE presented a donation of \$500 to Paediatric Child Life Services as a result of their Annual Pancake Breakfast held at the Walker Road Applebee's Restaurant.

The history of IODE Chapters go back several decades in Canada. The original IODE Memorial Hospital on Prince Road (now Tayfour Campus) was named after the Imperial Order of the Daughters of the Empire (I.O.D.E.) who funded the purchase of property for future growth of healthcare in the region. Each IODE Chapter is a women's charitable organization dedicated to enhancing the quality of life for individuals through education, community service and citizenship.

Members of the Dr. N. A. McCormick Chapter of IODE are equally proud to provide their services to Canadians, with a concentrated focus on the citizens of Windsor and Essex County. The Chapter received its charter in 1968 and since has continually strived to offer assistance to various community groups. The Chapters main fundraising initiatives include the selling of roses during the Mother's Day weekend and the Applebee's Flapjack Fundraiser.

It is historic to note that Dr. Norman A. McCormick himself was one of the founding physicians of the Cancer Clinic at the Metropolitan General Hospital, established in 1935.

Chapter volunteers assist at Windsor Regional Hospital, along with offering volunteering at the Hospice of Windsor/Essex, Downtown Mission, Street Help, House of Sophrosyne, Hiatus House, Iris House and the Lions Manor. They also send various teaching aids throughout the year to "their adopted classroom" in St. Mary's Harbour, Labrador.



Members of the Dr. Norman A. McCormick Chapter IODE include (l to r back row): Renee Hopes (WRH Volunteer Manager); Ann Ferro; Evelyn Bezaire; Jennifer Burton Liang (WRH Child Life Specialist); (front row), Jasreen Gill (student volunteer); Joan Giffen; Susan Anderi; Chery Cracker; Linda Pearson; Connie Meszaros and Veerper Gill (student volunteer).

WRH GIFT SHOP HOLIDAY HOURS & SPECIALS

Holiday Hours:

December 24: 12:00PM – 4:00PM
 December 25: Closed
 December 26: Closed
 December 27: Open
 December 28: 8:30AM – 7:00PM
 December 29: 8:30AM – 7:00PM
 December 30: 8:30AM – 7:00PM
 December 31: 8:30AM – 4:00PM
 January 1: Closed
 January 2: 8:30AM – 7:00PM
 January 3: 8:30AM – 7:00PM
 January 4: 8:30AM – 7:00PM

Holiday Hours:

December 24: 12:00PM - 4:00PM
 December 25: Closed
 December 26: Closed
 December 27: 12:00PM - 4:00PM
 December 28: 12:00PM – 4:00PM
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 January 1: Closed
 January 2: 12:00PM – 4:00PM
 January 3: 12:00PM – 4:00PM
 January 4: 12:00PM – 4:00PM

Have you seen our new website? Check it out

www.wrh.on.ca



SUPPORT WINDSOR REGIONAL HOSPITAL FOUNDATION THROUGH THE NATIONAL BANK FINANCIAL WEALTH MANAGEMENT COMMUNITY SUPPORT PROGRAM

Receive world class investment advice and financial planning help and support Windsor Regional Hospital Foundation at the same time.

Contact me at 519-258-7349 or larry.sandre@nbc.ca and I will meet with you to determine if this program will be right for you.

Larry Sandre, CPA, CA, IA



Five Tips For A Healthy Holiday

With a few simple tips, you can enjoy your favourite holiday foods and still keep your commitment to eating well. Most importantly, enjoy the holiday spirit. If you happen to overindulge, have lighter meals the next day and find time for fun activities.

Tip 1: Eat regularly.

- Skipping meals can lead to overeating.
- Get a burst of energy in the morning by eating breakfast.
- Keep your energy levels up and curb your hunger by eating small meals and snacks every three to four hours.

Tip 2: Load up with colour.

- Fill half your plate with vegetables and fruit. This is a great way to balance out calorie-rich foods.
- Choose fresh cut veggies, leafy green salads, and fruit.
- Hosting a meal? Start off with a steaming bowl of squash soup.

Tip 3: Enjoy your favourite holiday foods.

- Enjoy special holiday foods like shortbread cookies, latkes, turkey with stuffing, and mashed potatoes, but keep your portions in check by using smaller plates.
- Pass on high-calories foods that you can get any time, like chips and chocolate.

Tip 4: Watch your drinks.

- Calories from drinks can add up quickly. This is true for alcoholic and non-alcoholic drinks.
- Drink slowly. If you choose to drink alcohol, alternate alcoholic drinks with lower calorie options such as sparkling water with lime, low-sodium vegetable juice, or cranberry juice with club soda.
- Love eggnog? Enjoy a small cup and think of it as dessert.

Tip 5: Be active.

- Balance out those extra holiday calories with some activity.
- Adults should aim for the recommended 2 ½ hours of weekly physical activity.
- Start slowly and build up. Every ten-minute burst of activity counts. You'll feel great!
- Going to the mall? Add a few extra laps of walking around.

A Bearable Christmas

A total of 738 teddy bears to be exact! Thanks to Dorothy Ladeueur of the Calendar Club at Devonshire Mall, along with her daughters, Charlene and Cherie; with student volunteers, Jayden and Rebecca, the front lobby of the Met Campus received the donated teddy bears with joy. Paediatric Child Life specialist, Colleen Hogan on right, thanking Dorothy.



#RECIPEOFTHEWEEK

Cream of Turkey & Wild Rice Soup

Makes 4 servings

Preparation: 15 min

Cooking: 35 min

INGREDIENTS

- 1 tbsp extra-virgin olive oil
- 2 cups sliced mushrooms
- ¾ cup chopped celery
- ¾ cup chopped carrots
- ¼ cup chopped shallots
- ¼ cup all-purpose flour
- ¼ teaspoon salt
- ¼ tsp freshly ground pepper
- 4 cups low-sodium chicken broth
- 1 cup quick-cooking or instant wild rice
- 3 cups shredded cooked chicken, or turkey
- ½ cup reduced-fat sour cream
- 2 tbsp chopped fresh parsley

DIRECTIONS

Heat oil in a large saucepan over medium heat. Add mushrooms, celery, carrots and shallots and cook, stirring, until softened, about 5 minutes. Add flour, salt and pepper and cook, stirring, for 2 minutes more. Add broth and bring to a boil, scraping up any browned bits. Add rice and reduce heat to a simmer. Cover and cook until the rice is tender, 5 to 7 minutes. Stir in turkey (or chicken), sour cream and parsley and cook until heated through, about 2 minutes more. Ingredient note: Quick-cooking or instant wild rice has been parboiled to reduce the cooking time. Conventional wild rice takes 40 to 50 minutes to cook. Be sure to check the cooking directions when selecting your rice, some brands labeled "quick" take about 30 minutes to cook. If you can't find the quick-cooking variety, just add cooked conventional wild rice along with the turkey at the end.

NUTRIENTS Per Serving (1 ¾ Cup)

Calories: 378; Protein: 37g; Total Fat: 11g; Carbohydrates: 29g; Sugar 3g; Fibre 3g; Sodium 364mg

Be part of
Canada's lifeline
this holiday season.

Book now to donate
blood.ca



Over 1,460 open appointments in December.

Windsor Donor Centre, 3909 Grand Marais Road East, Windsor

Open: Monday / Tuesday / Wednesday: 3 p.m. - 7 p.m.

Thursday: 11 a.m. - 7 p.m. Friday & Saturday: 8 a.m. - 12 p.m.

Holiday Hours

Christmas Eve: 9 a.m. - 1 p.m.

Boxing Day: 9 a.m. - 1 p.m.

New Years Eve: 9 a.m. - 1 p.m.

