

Hockey Night In...Windsor

This is an opportunity to remind all of the Windsor Spitfire Game Night on behalf of the Hats On For Healthcare campaign, taking place Thursday, February 22 at the WFCU Centre. Each year, the entire Windsor Spitfire team takes a moment to have a photograph taken of the team wearing colorful and zany hats to help promote the annual Windsor Regional Hospital Foundation event.



Recently, members of the team visited the Met Campus and provided a meet and greet to children in the outpatient and inpatient units. This tradition has been occurring for years and the most recent one was their last of the season before they go into playoffs.



Photo to the right: Windsor Spitfires, Zach Shankar #25 Defense; Lucas Patton #30 Goalie; and, Cole Purboo #26 Right Wing, with Ethan and Carter, visiting a family member in Paediatrics.

I SUPPORT HATS ON FOR HEALTHCARE

WINDSOR REGIONAL HOSPITAL FOUNDATION

WINDSOR EXPRESS

HATS ON FOR HEALTHCARE

WINDSOR EXPRESS VIP TICKETS

Special VIP floor seating area for our "Hats On For Healthcare" guests

SATURDAY, MARCH 3, 2018 / 7PM

WFCU CENTRE - TICKETS: \$40 EACH

Tickets can be purchased from the Public Affairs/Foundation office at both the Met & Ouellette Campuses.

PROCEEDS FROM TICKET SALES FROM THE GAME BENEFIT THE 2018 HATS ON FOR HEALTHCARE CAMPAIGN SUPPORTING THE NEONATAL INTENSIVE CARE UNIT (NICU) AT WINDSOR REGIONAL HOSPITAL

hatsonforhealthcare.com

Recipe of the Week

Coconut Lime Chicken

Makes 4 servings Preparation: 10 min
Cooking Time: 30 min



INGREDIENTS

- 4 skinless boneless chicken breasts
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1 tbsp coconut oil
- 1/2 cup red onion
- 1 whole red chili chopped optional
- 1 cup chicken stock
- 2 tbsp lime juice about 1 large lime
- 1 tbsp chopped cilantro
- 1/2 tsp red chili flakes
- 1/2 cup full fat coconut milk from a can or coconut cream
- 1 tsp turmeric powder (optional)

DIRECTIONS

Place the chicken breasts between two pieces of plastic cling wrap and pound them down to make them even in thickness. This will help the chicken cook evenly and make for more tender chicken. Sprinkle each side of the chicken with salt and pepper. Melt the coconut oil in a large skillet over a medium high heat on the stove. Add the chicken breasts and cook each side for 5-7 minutes or until browned on each side. Remove the chicken from a skillet and set aside on a plate. The chicken doesn't need to be fully cooked yet because you'll be returning it to the heat shortly. Add the chopped onion to the same skillet and sauté for a few minutes to soften. Add the chili pepper if you're using it. Sauté for another couple of minutes. Add the chicken stock, lime juice, cilantro and chili flakes. Bring the mixture to a boil and then reduce down to a simmer. Let simmer for about 5 minutes. Add the coconut milk and the turmeric and bring to simmer again for another 5 minutes. Add the starch and water at this time if you're using it. You may need to raise the heat slightly higher to bring this to a boil to activate the starch. Once the sauce thickens reduce it back down to a simmer. Add the chicken back to the skillet, cover and let cook for another 5-10 minutes or until the chicken is cooked all the way through. Serve with rice or cauliflower rice with the sauce spooned over the top. Add an extra sprinkling of cilantro & chilies and enjoy!

NUTRIENTS Per Serving:

Calories: 325, Protein: 32g, Total Fat: 23 g, Carbohydrates: 14g, Sugar: 10g, Fiber: 9g, Sodium: 701mg.

VENDORS ON DISPLAY

FEB.19 - FEB. 23, 2018

Met Campus: Kidbits, Custom Essentials, Connect Hearing, Janet Fashions, Freak Parade, Red Diamond Nuts, Home Instead, Just Jewellery.

Ouellette Campus: Janet Fashions, One Source for Seniors, Funky Living, Kidbits, Red Diamond Nuts.

*Please note: Vendors subject to change.

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More OB—2.0 Launch!

It is about launching the MORE OB 2.0!!! Over the last 12 years, the staff of the Family Birthing Centre have been achieving milestone after improved milestone as a result of the Salus Global's Managing Obstetrical Risk Efficiently (MORE OB) Program. "This is a continuing and progressive methodology related to patient quality and safety in the birthing program," stated Devon Lanspeary, Clinical Practice Manager.

The MORE OB program is founded on the High Reliability Organization (HRO) principles that include safety, communication, team effort, rehearsing emergencies, dissolving hierarchy and multidisciplinary reviews. All staff of the Family Birthing Centre; physicians, RNs, midwives and clinical practice managers participate and complete online exams and a culture assessment survey (CAS). Successes attained last year include: Neonatal Rapid Response, Oral Immune Therapy, Recognition Awards, Patient Safety Award, increased team morale, improving inter-professional discussions, OB Rapid Response, increasing debriefs, improving communication during huddles, increased staff participation, core team building activities, increased number related to skills drills and increasing attendance at huddles.

Two strong elements of the MORE OB program are Patient Safety and Empowering People. When patient safety is a priority, there is active participation and proactivity in achieving a patient safety culture by all unit members. When people are empowered, they have the skills and knowledge to perform effectively, are trusted and expected to make decisions, take responsibility, intervene as they see fit and take the initiative to do so.

Through this segment of the program, two opportunities have been selected for improvement... valuing individuals and open communication. When people are valued, their input, contributions and points of view are sought and welcomed and, their knowledge and skills are respected. It is important that members of the unit know they can count on one another. Open communication requires frequent and accurate information shared across disciplines, the inclusion of all disciplines in the discussion of patient care reviews, and the inclusion of patients in discussions regarding their care. It also requires openness and trust within the unit that results in the freedom to ask questions and raise concerns.

To contribute a news tip, story or advertisement in the next issue, please email us at:
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Photo above: Family Birthing Centre MORE OB Team.

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



UPCOMING EVENTS

- 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 Sportsmen Club
10835 Riverside Drive East, Windsor
- MAR 28** St. Clair College Pizza Luncheon
St. Clair Centre For The Arts
201 Riverside Drive West, Windsor
- MAR 28** WRH Charity Pasta Night
Riverside Sportmen Club
10835 Riverside Drive East, Windsor
- MAY 24** WRH Charity Golf Tournament
Essex Golf & Country Club
7555 Matchette Road, LaSalle
- JUL 09** Julian Small Golf Tournament
Essex Golf & Country Club
7555 Matchette Road, LaSalle



S. pneumoniae (pneumococcus) is a gram-positive bacterium with a human reservoir, colonizing the nasopharynx of 5–10% of adults and 20–40% of children. It is one of the leading causes of death by infectious disease in Canada.

More OB Cont'd...

MORE OB 2.0 this year means focusing on Aim, Milestone Objective, Game Plan, Measures and Communication Plan. The core team developed their Aim Statement ... Our family birthing team 'delivers' outstanding experiences in safe and respectful environment – no exceptions! For the first Milestone, the core team will engage the enthusiastic participation of all participants in understanding and implementing "The Basics" of the MORE 2.0 Web Based Platform.

Auto Dealer Revs it Up!

The Rafih Auto Group made a donation of \$25,000 to the Windsor Regional Hospital Foundation recently as a result of the annual Rafih Family Charity Golf Tournament held each year at Beach Grove Golf & Country Club.

Terry Rafih has been in the automotive industry since 1985 when he established the Rafih Auto Group, now owning approximately 85% of the dealerships in the region. The firm has inventory of domestic and foreign brands at locations that include, Provincial Lincoln, Eastway Toyota, Leamington, Lexus of Windsor, Essex Countryside, Windsor Mazda, Performance Ford, Overseas Motors, Smart, Jaguar, Land Rover and Mercedes-Benz.

Terry and family through the Rafih Auto Group have donated \$130,000 to date toward the future of Windsor Regional Hospital. Married to Cathy with four children, Mr. Rafih has been quoted as stating, "I work eight days a week to ensure customer satisfaction is reached beyond expectations."



SAVE THE DATE!!!

WINDSOR REGIONAL HOSPITAL
2018 Charity Golf Tournament
THURSDAY, MAY 24, 2018 - ESSEX GOLF & COUNTRY CLUB

- "Best Ball" Tournament
- "The Shack" Lunch
- Tournament Gift
- Hole-In-One Contests
- Putting Contest
- Dinner / Wine
- Closest-to-the-Pin Contest
- Skins Game

To reserve your foursome, contact Linda McLean
Phone: 519-254-5577 ext.52005
linda.mclean@wrh.on.ca

INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL

 Melissa Moore REHAB ASSISTANT AMBULATION	 Elizabeth Pullen BIOMED TECHNICIAN BIOMEDICAL ENGINEERING	 Cassandra Thibert UNIT CLERK MEDICINE	 Dr. Jennifer Li PHYSICIAN PAEDIATRICS
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Get your "Hats On" and make a difference for healthcare in your community!



I SUPPORT HATS ON FOR HEALTHCARE



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

Backpacks are Back!

Now in its 8th year, Transition to Betterness (T2B) and the Stephanie & Barry Zekelman Foundation delivered 50 backpacks to children receiving care in the Paediatric Oncology POGO Unit at the Met Campus.

Each backpack is tailored to the individual child, filled with fun, educational toys and items. Children who undergo long-term treatment receive items to refresh their backpack contents. The program is designed not only to give the child their own personal toys during treatment, it also provides them with their own bag to pack all their favorite items to go with them to the hospital.



"To know that so many children have received these backpacks over the last eight years brings me immense joy," said Stephanie Zekelman, Title Sponsor of the T2B Back the Pack Program. "I think the program is so important to ensure each child receiving treatment can have a sense of normalcy, which these backpacks can provide, full of items that bring them comfort, entertainment and hopefully some joy."

YOU HAVE THE POWER TO GIVE LIFE
Donate blood and join the movement today.

Blood Donors Urgently Needed

Collecting blood during the colder winter months can be challenging – cold weather increasingly keeps many of us indoors much of the time, while other blood donors are away on a winter escape out of the country.

The need for blood, however, does not diminish and Canadian Blood Services is encouraging residents of Windsor and Essex county to give life by donating blood in the upcoming days.

They estimate that more than 640 blood donors are strongly needed at upcoming Windsor Blood Donor clinics.

You can donate blood at the following location and times:

Windsor Blood Donor Clinic
3909 Grand Marais Road East, Windsor
Monday, Tuesday, & Wednesday: 3 p.m. – 7 p.m.
Thursday: 11:30 a.m. – 7:30 p.m.
Friday & Saturday: 8 a.m. – 12 NOON

Canadian Blood Services thanks you for helping ensure a steady supply of blood for people who need it in Windsor and Essex County.

Love Is... A Heart-Shaped Pizza* from Antonino's and supporting local Heart Care

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 - *HEART-SHAPED NUTELLA PIZZA
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* \$1 from the sale of each Heart-Shaped menu item will be donated to the Windsor Regional Hospital Cardiac-Angioplasty Program.

