



FRONTLINE 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
Met Campus-1995 Lens Avenue, Windsor, N8W 1L9 / Ouellette Campus-1030 Ouellette Avenue, Windsor, N9A 1E1

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Dragon Boat Races On The Horizon

The Annual Dragon Boats Races will take place on Sunday, July 19 at the Waterfront Park in Tecumseh. Students will paddle on Saturday, July 18. The Riverside Drive location will be buzzing with several hundred paddles committed to supporting cancer.

Dragon Boat Races are one of the most popular summer activities around the world, including right here in Windsor-Essex for over the last thirteen years. The history and ritual of dragon boats goes back several thousand years. Under the leadership of Beth Noakes and Gerry Orum, and their Board of Directors, Dragon Boats For the Cure has donated over \$2 million dollars to hospitals and other charitable organizations, supporting cancer causes through diagnostic equipment.

Dragon Boat Races has pledged and donated funds toward a Full-Field Mammography System; Senographe Full-Field Digital Mammography System, MammoTone Machine, Core Biopsy Steriotatic piece, Breast MRI Machine, Multi-Diagnostic Fluoroscopy System, Digital Radiography Machine, and Smocks for the Breast Health Centre.

We congratulate and wish this year's healthcare teams success as they paddle for a cure. They include: Pharma C-Cups, We Labour For Life, Best In Chest, Fight Like A Girl, The Main Squeeze, Teets Ahoy, Dieu-Ey Ta Ta's and RCC Cups.

WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

To contribute a news tip, story or advertisement in the next issue, please email us at:
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Got a news story, contest or announcement that you would like to be considered for posting in the next issue of the newsletter?

Send it to us today!!!!



PHOTO'S ABOVE:

Photo's of the teams from the 2014 Dragon Boats For The Cure event including RCC Cups, Teets Ahoy, We Labour For Life and Best In Chest

Get Connected with Windsor Regional Hospital!

www.wrh.on.ca / [@WRHospital](http://www.facebook.com/WindsorRegionalHospital)

UPCOMING EVENTS

- JUL 18** **Dragon Boats For The Cure Student Races**
Waterfront Park
13161 Tecumseh Road East, Tecumseh
- JUL 19** **Dragon Boats For The Cure Community Races**
Waterfront Park
13161 Tecumseh Road East, Tecumseh
- JUL 20** **Rafih Auto Group**
4th Annual Charity Golf Tournament
Beach Grove Country Club
14134 Riverside Drive East, Tecumseh
- JUL 26** **Running From Cancer**
Time: 7:00am
Tecumseh Arena
12021 McNorton, Tecumseh
- AUG 15** **Peddling For A Purpose Glow Ride**
Time: 9:15pm
Riverside Sportmen's Club
10835 Riverside Drive East, Windsor
- AUG 28** **Return From Africa**
Fogolar Furlan Club
1800 North Service Road, Windsor
- SEP 23** **Infectious Disease Conference**
Time: 9:00am
Giovanni Caboto Club
2175 Parent Avenue, Windsor
- OCT 29** **Do Good Dives Gala
A Night Out In Handbag Heaven**
Ciociaro Club of Windsor
3745 North Talbot Road, Windsor



South Korea's current healthcare associated cluster of *MERS-coV has affected patients, visitors of patients, healthcare workers, and close relatives of the cases. There have been 186 cases and 33 deaths to date.

*Middle Eastern Respiratory Syndrome

Grilled Salmon Flatbreads With Fresh Blueberry Salsa

Makes 4 servings

Preparation Time: 15 min / Cooking Time: 10 min

INGREDIENTS

- Spice Blend (recipe below)
- 2 skinless salmon fillets (8 ounces each)
- 1 cup fresh blueberries
- 1/3 cup chopped cilantro
- 1 tablespoon minced jalapeño
- 3 tablespoons lime juice
- 2 cups watercress, trimmed
- 1 garlic clove, minced
- 4 pita breads
- 1/2 avocado, diced
- 1/4 cup diced red onion
- 1 teaspoon lime zest
- 2 tablespoons olive oil, divided

METHOD

Spice Blend: In a small bowl, stir together 1 teaspoon each ground spices: coriander, cumin, fennel seed, cardamom and mustard seed; 1/2 teaspoon salt and 1/4 teaspoon black pepper. Heat grill or grill pan to medium-high. Sprinkle 4 teaspoons of the spice blend and the garlic on both sides of salmon; grill just until opaque in center, about 4 minutes per side. With 2 forks, flake the salmon. Grill the pita until toasted, about 30 seconds per side; place on 4 plates. In a medium bowl, toss the blueberries, avocado, cilantro, onion, jalapeño, lime zest and 1 teaspoon of the remaining spice blend with the lime juice and oil. Top pitas with watercress, salmon & blueberry salsa, dividing evenly. **Credit: U.S. Highbush Blueberry Council**

NUTRIENTS Per Serving :

Calories: 326 ; Protein: 19.3g; Total Fat: 10.1 g; Carbohydrates: 44.6g; Fibre: 7.2g; Sodium: 426mg



Keep connected with Windsor Regional Hospital!

facebook.com/windsorregionalhospital / @WRHospital

INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Crystal Thibert
PATIENT REG. PORTER
PATIENT TRANSPORT



Mary Taylor
LAB TECHNOLOGIST
LABORATORY



Belinda Ly
PHARMACY INTERN
PHARMACY



Stacie Patterson
ASSISTANT
PRINT SHOP

Food Service Improvements And Summer Food Truck Festival

Retail Food Services at the Ouellette Campus will be undergoing changes this summer.

On Tuesday, July 7, 2015 at 8 pm CrossRoads Café will close to make way for the installation of a Tim Horton's Kiosk. The kiosk is slated to open on August 7th, 2015.

During renovations, the hours of the cafeteria will be extended. Effective Wednesday, July 8th, 2015. The hours will be:

Monday – Friday 7:00am - 8:00pm
Saturdays, Sundays and Holidays 8:00am - 7:00pm

*Please note that the Windsor Star will be available in the cafeteria (as well as the Ouellette Campus Gift Shop)

On Monday, August 3, 2015, the Ouellette Campus Cafeteria will close for further renovations. This will make way for the new Armando's at Ouellette service.

While the cafeteria is being renovated (Tuesday, August 4 to Sunday, August 16, 2015) –a food truck with a variety of options and picnic tables will be located on the Ouellette/Erie lawn. The hours will be:

Monday – Friday 10:30 am – 7:00pm
Weekends: 11:00 am – 5:00pm

Monday, August 17, 2015 – Armando's at the Ouellette Campus will open in the current cafeteria location – watch for new extended hours!

We thank everyone for their patience and understanding while these improvements take place.



Thank You Windsor/Essex But We Can Do Better!

Latest statistics from Trillium Gift of Life indicates that Windsor/Essex has increased registration for organ donors to 24% in 2014, up from 16% from 2011 however, still below the Provincial average of 27%. The fact that a quarter of our population has registered as an organ or tissue donor is great.

Know that one organ donor can save eight lives and Windsor Regional Hospital cared for eight people who donated their organs last year.

It is so simple to register however, you must do it online now! Go to www.beadonor.ca. Thank you for registering!

Windsor Regional Hospital SOP Team

We are pleased to introduce the SOP Team who are prepared and energized to coach Windsor Regional Hospital in the SOP Journey.



PHOTO ABOVE (Top Left to Right)
Natasha Sheeler, Paul Howlett, Andrea McInerney, Rachel Twohey, Patsy Morrow and Joshua Lomonaco

PHOTO ABOVE (Bottom Left to Right)
Jeffrey Elston, Tara-Ann Glasgow, Dayna Roberts and Ben Parent



WHO WANTS TO LOSE 10-20LBS IN 28 DAYS?

(WHILE EATING GREAT FOODS AND NOT FEELING HUNGRY)

WRH has received special permission to run a weight loss and healthy eating program called The TakeDown Challenge

Orientation meetings: Tuesday, July 14th (Ouellette, Board Room) or Wednesday, July 15th (Met, Clinical Education Classroom) at 7pm

Program begins: Friday, July 17th

Why take the TakeDown Challenge?

1. The program has been tested and proven to work in 28 days and most people stick with the program when it is done because they love it.
2. The program has delivered amazing results.
3. The program is individualized for each person. based on their unique needs. Works for Vegans and Diabetics.
4. The program includes a wide range of recipes that taste great.
5. The program is easy to follow for people that are not gourmet chefs and have a busy lifestyle.

How does it work?
Each week you will come in for a weigh in have your food journal checked. At these appointments, you will also get your new batch of weekly meals. Nutrition coaches will be available to help you during the 4 weeks via email, phone or in person. You will also be able to attend 3 exercise sessions at Refine Fitness Studio.

CONTACT Laura Carcelen at 52330 or Danielle Spidaleri at 33023 with questions.
THE DEADLINE TO REGISTER IS FRIDAY, July 10TH AT 12PM

IF YOU HAVE ANY QUESTIONS about the program itself, CONTACT MIKE BATES
AT 519-254-9400 OR MIKE@REFINEFITNESS.CA
Brought to you by:

10th Annual running from

CANCER



**Sunday
July 26th/15**

WHERE:
Tecumseh Arena
12021 McNorton

TIME:
Late Registration
05:30am - 07:45am
Pre Race Instructions
06:45am & 07:45am

Half Marathon → 07:00am
5k & 10k Start → 08:00am
Disney Dash & 1k → 09:00am
Awards → 09:30

Proceeds benefit:



Windsor & Essex County
Cancer Centre Foundation
...supporting our Cancer Centre

www.runningfromcancer.com
For further information contact (519) 735-4742



Beth Daly
Featured Speaker
Neurosciences Patient



KiliKlimb 2015

IN SUPPORT OF WINDSOR/ESSEX
HOSPITALS FOUNDATION

www.kiliklimb2015.ca



Welcome Back
to our 2015 KiliKlimb Team

BACK FROM AFRICA

WELCOME BACK OUR KILIKLIMB 2015 TEAM

FRIDAY, AUGUST 28, 2015
TIME: 6:30PM

FOGOLAR FURLAN CLUB (Windsor Room)
1800 NORTH SERVICE RD, WINDSOR

CASH BAR - DINNER
SILENT AUCTION FEATURING SPECIAL TANZANIAN ITEMS
Experience Mount Kilimanjaro through the eyes of our team during a special video presentation

TICKETS - \$35 EACH

RESERVED TABLES OF (10) \$350.00

Tickets available at the Windsor/Essex Hospitals Foundation office at the
Met Campus 519-985-2656 or Ouellette Campus at 519-973-4433

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THE NEW SINGLE-SITE ACUTE CARE HOSPITAL
IS ON THE **HORIZON**



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COMMUNITY

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A STATE-OF-THE-ART
HOSPITAL BUILT TO THE HIGHEST
STANDARDS, WITH THE CAPACITY
TO SERVE THIS COMMUNITY FOR
GENERATIONS TO COME.

**BUILDING
ON OUR
STRENGTHS**
NEW SINGLE-SITE ACUTE CARE HOSPITAL

SEE FOR YOURSELF WHAT THE FUTURE OF HEALTHCARE IN WINDSOR-ESSEX CAN LOOK LIKE!

WWW.WINDSORHOSPITALS.CA

2015 W.E. CARE FOR KIDS

RAFFLE

AUGUST 14 2015 AT 12:00 P.M.

WIN AN *All Inclusive* TRIP FOR 2 TO THE
RIU TEQUILA IN THE
MAYAN RIVIERA

COMPLIMENTS OF SOUTHLAND TRAVEL

PLUS MANY OTHER GREAT PRIZES! TOTAL VALUE OF PRIZES \$4,826

\$5 PER
TICKET

DEDICATED TO ENHANCING
THE HEALTH AND WELLNESS
OF CHILDREN IN WINDSOR
ESSEX COUNTY

www.wecareforkids.org

Tickets available at:

Foundation Office, Met Campus

Foundation Office, Ouellette Campus



WINDSOR-ESSEX CARE FOR KIDS FOUNDATION
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