



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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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!!!!

Dragon Boats 2015

Thanks to the hospital teams for participating in this year's Dragon Boat Races on July 19 at the Tecumseh Waterfront Park. The hospital tent was alive with enthusiasm in support of the causes that Dragon Boats For The Cure advocate on behalf. The teams are congratulated for their efforts. Collectively, approximately \$47,000 was raised by the 8 hospital teams participating. We recognize them for the leadership and volunteerism on behalf of the Windsor/Essex community.



Team: Teets Ahoy



Team: The Main Squeeze



Team: Pharma C-Cups



Team: Fight Like A Girl



Team: The Best In Chest



Team: We Labour For Life



Team: Dieu-Ey Ta Tas



Team: RCC Cups

UPCOMING EVENTS

AUG 15 **Peddling For A Purpose Glow Ride**
 Time: 9:15pm
 Riverside Sportmen's Club
 10835 Riverside Drive East, Windsor

AUG 28 **Back From Africa**
 Time: 6:30pm
 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

JAN 23 **DREAMCLIMB**
 Chrysler Building, Downtown
 One Riverside Drive West, Windsor

JAN 24 **DREAMCLIMB**
 Chrysler Building, Downtown
 One Riverside Drive West, Windsor

MAR 02 **Hats On For Healthcare Day**
 Various Locations
 Windsor-Essex



WRH has a coordinated approach for responding to outbreaks with recommendations for containment listed in an Outbreak Management Manual available on the IPAC policy and procedure page.

Food Services At Ouellette Campus Undergoing Changes

The Tim Horton's Kiosk and Armando's Cafe are slated to open on **Monday, August 17, 2015.**

During renovations, a small kiosk is set up in the cafeteria area for the sale of coffee, sandwiches and salads.

Hours Of Operation:

Monday to Friday: 7:00am – 8:00pm
Saturday / Sunday / Holidays: 8:00am – 7:00pm

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

In addition, **Armando's** is operating a food truck featuring a variety of menu options and picnic tables will be located on the Ouellette/Erie lawn.

Hours Of Operation:

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

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



INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Elysa Costante
 SWITCHBOARD CLERK
 COMMUNICATIONS



Sereena Ly
 LAB ASSISTANT
 LABORATORY



Mohammad Khazaal
 REGISTERED NURSE
 MENTAL HEALTH



Jessica Petz-Spence
 REGISTERED NURSE
 MEDICINE 2

Employee Assistance Program Information

Just a gentle reminder about the Windsor Regional Employee Assistance Program that is available to all staff: Windsor Regional Hospital realizes that from time to time a personal crisis may affect you or a family member. You or your family member may contact our EAP directly 24 hours a day, 365 days a year, for confidential professional assistance, information and counselling.

Free to all employees and their families • Immediate access • Online EAP and wellness information
Online hotlinks to community resources • Online booking of EAP appointments

Services include assistance with:

- Childcare/Eldercare referrals/resources
- managing personal and job stress
- coping with separation and loss
- balancing work and family
- identifying problem drug and alcohol abuse
- recovering from trauma, harassment or abuse
- adjusting to life or job transitions
- building stronger family and personal relationships
- addressing depression and anxiety
- planning growth and development
- responding to personal crises
- resolving conflict
- relieving financial worries
- planning professional growth and retirement

Website for Windsor Regional Hospital Staff

Family Services Employee Assistance Programs (FSEAP) and Windsor Regional Hospital are pleased to introduce a new Employee Assistance Program Web site.

As part of your Employee Assistance Program, you and your family now have access to a Web site specifically for Windsor Regional Hospital employees and their families. The Web site includes detailed descriptions of the services available to you and your family through the Program.

You may also use the site to access the *MyHealth* Library. The Library includes over 150 articles and tip sheets to inform you and your family about health issues and to promote a healthy lifestyle. Topics include coping with stress, parenting strategies, caring for aging parents, balancing work and family, and creating a healthy work environment.

To enter the EAP Web site for WRH, go to www.myfseap.com

- 1) Select a language
- 2) Enter your group name: **toWRH**
- 3) Enter your password: **myeap**
- 4) Click on **Submit**

If you have any questions or problems with entering the myfseap.com Web site, send an e-mail message to webadministrator@fseap.com (responses during business hours only). To speak to a counsellor anytime, call **1.800.668.9920**.

Your Privacy

The myfseap.com Web site is maintained by Family Services Employee Assistance Programs (FSEAP). The Web site is accessible only to FSEAP client organizations, their employees and families. All Windsor Regional Hospital users are assigned the same group name and password to protect the identities of individuals. Individual users are not tracked. Employees may choose to access the site from work or from home.

For more information, please call **1.844-720-1212** or info@fswe.ca

Helping Kids

Andrew Simonitto and A.J. Ridgewell, summer students working with children at the Vollmer Centre Summer Day Camp wanted to help kids in care while in Windsor Regional Hospital.

They both celebrated birthdays recently and in lieu of gifts, asked family and friends to donate a toy for Paediatric Services. The results were fantastic with over \$500 in toys and games provided for all ages.

Child Life staff hand the toys out through their Treasure Chest program to lesson anxiety and fear that children experience while going through a procedure/treatment at the hospital. Thanks guys for giving back!



PHOTO ABOVE
Andrew Simonitti (left) and A.J. Ridgewell (right) present toys to Ron Foster, Vice President of Public Affairs, Communications and Philanthropy at Windsor Regional Hospital

Healthy Living Recipe: Lightened-Up Guacamole & Chips

Makes 10 Servings

Preparation: 20 min / Cooking Time: 10-20 min

Ingredients

2 Ripe Avocados, peeled and mashed
1 Tomato, chopped (optional)
1 Clove Garlic, minced or 1/2 tsp garlic powder
1/2 cup Fat-free Plain Yogurt
1/3 cup Tomato salsa (mild, medium or hot)
2 tbsp Chopped Green Onion (optional)
2 tsp Freshly Squeezed Lemon Juice
1 tsp Ground Cumin (or to taste)
1 tsp Chili Powder (or to taste)
8 to 10 (10-inch) Multigrain or whole wheat tortillas



Method

In a large bowl, combine avocados, tomato (if using), garlic, yogurt, salsa, green onion (if using), lemon juice, cumin and chili powder. In batches, place tortillas directly on the middle rack of preheated oven and toast, turning once, for 10 to 15 minutes or until golden brown and starting to crisp (check periodically to make sure they are not getting too brown). Let cool on a wire rack, then break into dipping-size pieces. Serve guacamole in a dish, surrounded by toasted tortilla chips

Source: Recipe reprinted with permission of Dietitians of Canada, published by Robert Rose Inc, 2007

NUTRIENTS Per Serving :

Calories: 227 ; Protein: 6.4g; Total Fat:10 g; Carbohydrates: 28.5g; Sodium: 411mg



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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We're here to help:

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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
Licence # M745820