



# FRONTLINE SEPTEMBER 7, 2015

# 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!!!!

[frontlinetribune@wrh.on.ca](mailto:frontlinetribune@wrh.on.ca)

## Windsor Regional Hospital United Way Campaign Kicks Off Wednesday, September 9th

The Windsor Regional Hospital 2015 United Way Campaign kicks off on Wednesday, September 9th. Pledge forms and flyers will be placed in mailboxes at both campuses. A table with United Way information and pledge cards will be set up in the Met Campus Vendor Hallway and near the first floor vendor kiosk at Ouellette Campus.

To PRINT the flyer and raffle ticket and to print the United Way Pledge Card please visit [www.wrh.on.ca](http://www.wrh.on.ca). You can also access the forms on the Intranet under Public Affairs & Communications.

Hand in your *pledge card and raffle ticket together* (minimum donation of \$1 per pay or \$26 total cash donation) to the Public Affairs/ Foundation offices at Met or Ouellette Campus by Thursday, September 17th AT NOON and you will be entered in the **EARLY BIRD DRAW** to win **\$600** in Gift Cards of your choice.

Please visit the WRH Intranet Site to learn more about the United Way campaign at Windsor Regional Hospital. We have many more prizes available including 7 days off with pay, Gift Cards, Adventure Bay family passes, Rafih Auto Group detailing certificates and more.

Please note that for those of you already donating to United Way through Payroll Deduction, last year's pledge form is only good until December 2015. **In order to continue donating in 2016, you will need to complete a new pledge form and raffle ticket.** The new form will be considered your authorization for payroll deduction for 2016.

Let's show Windsor and Essex County that WINDSOR REGIONAL HOSPITAL cares! Every donation big or small will help so make yours today!



**United Way  
Centraide**  
Windsor-Essex County



**WINDSOR  
REGIONAL  
HOSPITAL**

OUTSTANDING CARE - NO EXCEPTIONS!

## Accreditation at Windsor Regional Hospital

WRH has been on a journey towards continuous improvement with Accreditation Canada for over a decade. Last Accreditation cycle (2011), WRH received Accreditation with Exemplary Standing. Accreditation 2015 will take place November 30th to December 4th.

For more information about Accreditation, please ask your Manager or visit the WRH Intranet.



# UPCOMING EVENTS

**SEP 12** **Building HIV/AIDS Capacity**  
Time: 9:30am  
Caesars Windsor  
377 Riverside Drive East, Windsor

**SEP 16** **Charity Bingo**  
Time: 8:45am - 10:45am  
Breakaway Gaming Centre  
655 Crawford Avenue, Windsor

**SEP 18** **Roman Feast**  
Time: 6:30pm  
Ciociaro Club of Windsor  
3745 North Talbot Road

**SEP 21** **Charity Bingo**  
Time: 10:45am - 12:45pm  
Breakaway Gaming Centre  
655 Crawford Avenue

**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



A medical directive for testing for antibiotic resistant organisms has recently been developed. This helps support nursing in their current practice of obtaining swabs for surveillance purposes.

## Corvette Club Drives Fundraising in the Right Direction!

Thanks to the members of the Corvette Club of Windsor for again, hosting a car show in June donating proceeds to the Paediatric Oncology Unit at Windsor Regional Hospital. The Club began donating in 2011 from the annual Corvette Car Show held in Dieppe Park on Windsor's riverfront. To date, they have donated over \$18,000 to Paediatric Oncology who provide cancer treatment to children.

General Motors introduced the Corvette in 1953, named after a World War 2 battleship. The cost then was \$3,500. Today, a vintage 1953 Corvette in good shape is valued at over \$200,000. There are over 800,000 collectable Corvettes of all models registered in Canada and the U.S.



**PHOTO ABOVE**

Members of the Corvette Club of Windsor presenting a cheque for \$4000 to Paediatric Services staff, accompanied by some of the patients receiving care in the Oncology Unit.

## From Lemons to Lemonade

Congratulations to W.E. Care For Kids for accomplishing another milestone by raising \$1,800 dollars as a result of hosting a Lemonade Stand at Windsor Regional Hospital during the summer. The event was so popular, they plan to host another next summer with aspirations of doubling their funding revenue.

Part of the funding is supporting the naming of a redesigned Infant Hearing/Audiology Waiting Room at the Met Campus.



**PHOTO ABOVE**

W.E. Care For Kids official spokes kids displaying their \$1,800 cheque as a result of hosting their Lemonade Stand.

## INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



**Joshua Cavers**  
REGISTERED NURSE  
EMERGENCY



**Daniela Ferber**  
SWITCHBOARD OPERATOR  
COMMUNICATIONS



**Jessica Soulliere**  
REGISTERED NURSE  
MEDICINE 2



**Ashley Robinson**  
REG. PRACTICAL NURSE  
OPERATING ROOM



## WRH Places 3rd In Summer Blood Donor Challenge

Congratulations to those from WRH who stepped up for a Hospital Challenge blood donor drive!

WRH placed third out of 20 Ontario hospitals who competed in Canadian Blood Services' 6<sup>th</sup> annual Hospital Challenge for the most donations by hospital staff, placing behind first place London Health Sciences and second place Sick Kids Hospital (Toronto).

"The real winners are the patients you were able to help. Thank you!" said Maureen Macfarlane, Territory Manager for Canadian Blood Services.

It's never too late to donate! You can help by becoming a "Partners for Life" blood donor if you work at WRH or you are a friend or family member.

For more information, please contact Steve Erwin, Manager, Corporate Communications Government & Community Relations at 519-254-5577 ext.33350



## Ava Does It Again!

She is only 7 years old however Ava Keay has a passion to help kids in the hospital. She visited the Met Campus recently with her family and donated over \$200 in toys, games and activities for children as a result of her July 3<sup>rd</sup> birthday, requesting gift cards in lieu of gifts.

Ava gives because of her 2 ½ year old brother, Blake who has had to undergo treatment in hospital. Seeing other kids in the hospital like her brother, Ava wanted to give back and 'pay it forward' so that kids have activities to help them cope while in hospital.

Thank you Ava for being one of our young philanthropists!



PHOTO ABOVE (Left to right)  
Jennifer Burton Liang, Child Life Specialist; Ava Keay, Blake Keay and mom, Krista.

## Packing Healthy Lunches For Work

Packing your lunch for work is a healthy and budget-friendly habit. Fuel your workday the healthy way with these fresh ideas for packed lunches!

### Sandwiches are simple

Sandwiches are easy to make and take to work. To keep sandwiches interesting, try these tips.

- Choose different breads: Go for whole grain bread, pitas, mini bagels, tortillas, small dinner rolls, English muffins, flat breads or naan. Check the label for at least 2 grams fibre per serving.
- Try a variety of spreads: Use mustard, salsa, hummus, tzatziki or lower fat mayonnaise. Imagine the tasty combinations!
- Mix different ingredients: Try peanut butter and sliced apples, egg salad with arugula, salmon with teriyaki sauce and baby spinach, roasted turkey with avocado, tomato and lettuce, hummus with grated zucchini and carrots, refried beans with salsa and grated cheese, or leftover stir fry in a wrap.

### Love your leftovers

Leftovers are great for packing lunch in a hurry. Here are 5 tasty lunch ideas made with leftovers.

- Stir-fry: Try a Tofu Stir-Fry filled with colourful veggies for a meatless Monday.
- Soup: A warm vegetable-based soup is a great way to enjoy more veggies at lunch! Add a toasted whole grain pita and hummus for dipping.
- Salad: A simple Hearty Chicken and Vegetable Salad, made with leftover grilled chicken, is rich in protein. Enjoy with a slice of whole grain baguette.
- Chili: For a hearty lunch, serve chili with a sprinkle of grated cheddar cheese and a small whole grain dinner roll.
- Pasta: Freeze single portions of a Meat or Vegetarian Lasagna for a quick lunch. So easy!

### A note on food safety

Make your lunch the night before and keep it in the fridge so it can chill completely. Pack it in an insulated lunch bag with an ice pack (or a frozen juice box) to keep things cool and safe to eat. Remember to wash your lunch bag, containers, water bottle and utensils with warm soapy water after each use.





# Introducing Awakening Yoga

provided by Tammy Blaze from Breathe

*Start the day with an energetic practice.  
This class will awaken the body,  
calm the mind,  
and prepare you to face the day.*

Beginning September 14 for 10 weeks  
7:15-8:00am

Mon/Wed - Ouellette Campus  
Tues/Thurs - Met Campus  
Room Schedules to be provided

\$120 Cost to be deducted from your pay  
Attend 80% of the classes,  
get reimbursed 50% of the cost!

Registration Deadline:  
Sept 10, 2015

A minimum of 10 participants per site required.

*Go to the Healthy Lifestyles  
website to register now!*



WRH HEALTHY LIFESTYLES

September 12, 2015  
9:30am-4:00pm  
at Caesars Windsor

Topics include:

- Our Local HIV Landscape**  
-Linda Robinson, Windsor Regional Hospital HIV Care Program
- Culturally-aware Care for, and Research with, Women living with HIV**  
-Dr. Mona Loutfy, Women's College Hospital
- Using Pills for Prevention: HIV Post-and Pre-exposure Prophylaxis**  
-Dr. Darrell Tan, St. Michael's Hospital
- HIV in Pregnancy: From Viral Load to Comprehensive Care**  
-Dr. Mark Yudin & Jay MacGillivray, St. Michael's Hospital
- Panel: Best Practices in HIV Care**  
-Dr. Michael Silverman, St. Joseph's Health Care HIV Clinic  
-Linda Robinson, Windsor Regional Hospital HIV Care Program

Who should attend?

- ✓Physicians
- ✓Nurse Practitioners
- ✓Nurses
- ✓Other Healthcare Professionals

Registration

Registration for this event is free and includes complimentary breakfast and lunch.  
Breakfast and Registration begin at 8:30am

To Register Visit:  
<https://acwbuildinghivcapacity.eventbrite.ca>

For more information contact  
Racquel Bremmer  
rbremmer@aids Windsor.org  
519.973.0222 ext 118

This program has been submitted, and is awaiting approval for MainPro MI accreditation



## Building HIV/AIDS Capacity

Bridging the gap in HIV care in Southwestern Ontario



Dr. Timothy Gilligan, M.D.

The Patient Experience Task Force is pleased to present

## Providing Compassionate Care

With guest speaker Dr. Timothy Gilligan

# THURSDAY, OCTOBER 1

10:00AM - 10:30AM Presentation, followed by a Q & A  
Ouellette Campus, Essex Room (video conferenced to Auditorium A & B)  
2:00PM - 2:30PM Presentation, followed by a Q & A  
Met Campus, Auditorium A & B (video conferenced to Essex Room)

Timothy Gilligan is an Associate Professor of Medicine at the Cleveland Clinic. He teaches communication skills and coaches medical professionals in providing compassionate care.

EVERYONE WELCOME - REFRESHMENTS TO BE PROVIDED



*Capture your Senses  
and Indulge in an  
Evening of Endless  
Culinary Delights,  
Live Music & Belly  
Dancers!*

FRIDAY SEPTEMBER 18, 2015

Doors Open at 6:30

CIOCIARO CLUB

3745 N. Talbot Rd., Oldecastle



PURCHASE TICKETS AT - Ciociaro Club: 519 737-6153  
Guaranteed A Fine Furniture: 519 948-1646  
F & J Collision: 519 945-2363  
Windsor Regional Hospital: 519 985-2656  
CIBPA c/o Ermanna Filice: 519 982-0817  
Ticket: \$85 / person or \$800 / tbl of 10 (Roman Attire Encouraged)

Entertainment

Exotic Belly Dancers  
Live Entertainment by: "ECLIPSE"

NET PROCEEDS TO SUPPORT  
WINDSOR REGIONAL HOSPITAL  
(OUELLETTE & MET CAMPUS)



[www.romanfeast2015.ca](http://www.romanfeast2015.ca)

