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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

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@WRHospital

Elections Canada - Voting For Patients At Windsor Regional Hospital

Please note that the Canada Elections Act states that acute care patients in hospital at the Met and Ouellette Campus have the right to advanced voting for the upcoming Federal Election.

Hospital Special Ballot Coordinators will be visiting all acute care inpatient floors/units at both campuses on Saturday, October 10, 2015, ensuring that all acute care patients are registered to vote.

On the following dates: Sunday, October 11; Monday, October 12 and Tuesday, October 13, the Hospital Special Ballot Coordinators will return to both the Met Campus and Ouellette Campus and visit all acute care patients who have registered (on October 10), giving them eligibility to vote in the advanced special ballot. The Hospital Special Ballot Coordinators must inform all electors (patients) of their voting rights, help them to complete the application form when necessary and, ensure that electors (patients) show the necessary supporting documentation. Once the registration is completed, the Coordinators will hand the elector (patient) a special ballot voting kit and collect the completed ballot sealed in the envelopes.

Please note that the Canada Elections Act states that an application submitted after 6:00 p.m. on Tuesday, October 13, 2015, cannot be accepted. Any questions should be referred to Ext. 52003.

- ACCREDITATION UPDATE - Things Staff Should Know!

Surveyors from Accreditation Canada will be onsite Monday, November 30th – Friday, December 4th

Required Organizational Practice (ROP) WRH uses a Surgical Safety Checklist (SSCL) as a tool to enhance patient safety in our operating suites. The SSCL confirms that critical safety steps are completed to minimize any risk that might endanger the lives or well being of our surgical patients.

WHAT WE DO AT WRH

All Procedures at WRH utilize the SSCL. The 3 phases of the checklist are:

1. Briefing - PRIOR to induction of anesthesia (before the surgery);
2. Time Out - immediately PRIOR to incision;
3. Debriefing - prior to the patient leaving the Operating Room.

For more information – talk to your Manager or visit the WRH Intranet.



UPCOMING EVENTS

- OCT 08** **Paint The Night Pink**
Time: 6:00pm, Gourmet Emporium
1799 Wyandotte Street East, Windsor
- OCT 29** **Paint The Night Pink**
Time: 6:00pm, Gourmet Emporium
1799 Wyandotte Street East, Windsor
- OCT 29** **Do Good Dives Gala**
A Night Out In Handbag Heaven
Ciociaro Club of Windsor
3745 North Talbot Road, Windsor
- OCT 30** **Charity Bingo**
Time: 10:45am - 12:45pm
Breakaway Gaming Centre
655 Crawford Avenue, Windsor
- NOV 11** **Great Lakes Crossing Outlets**
WRH Holiday Shopping Trip
Time: 8:00am
Pickup at Devonshire Mall
3100 Howard Avenue
- NOV 17** **Blood Pressure Screening Clinic**
Time: 12:00pm - 3:00pm
Ouellette Campus
- DEC 15** **Blood Pressure Screening Clinic**
Time: 12:00pm - 3:00pm
Met Campus, Vendor Hallway
- JAN 23** **DREAMCLIMB**
Time: 10:00am - 4:30pm
Chrysler Building, 1 Riverside Dr. W.
- JAN 24** **DREAMCLIMB**
Time: 10:00am - 4:30pm
Chrysler Building, 1 Riverside Drive W.
- MAR 02** **HATS ON For Healthcare**
Various locations
Windsor-Essex
Met Campus & Ouellette Campus

WRH Continues To Achieve Healthy Workplace Leadership!



The annual *Working Toward Wellness Workplace Wellness Committee* and the Windsor-Essex County Health Unit extend their congratulations to Windsor Regional Hospital for being awarded a **Diamond Level Healthy Workplace Award**.

The award will be officially presented to representatives of the Windsor Regional Hospital Healthy Lifestyle Committee and representatives, led by Melissa Simas, Manager, Human Resources during Canada's Healthy Workplace Month.

The Gord Smith Healthy Workplace Awards recognize workplaces in Windsor and Essex County that provide comprehensive wellness programs for their employees. It recognizes companies and institutions that provide healthy workplace policies that make healthier options the easier choice.

The Windsor-Essex County Health Unit and the *Working Toward Wellness Workplace Wellness Committee* are proud to recognize all of the various recipients of the Gord Smith Healthy Workplace and Bike Friendly Workplace Award event taking place on October 21 at the Caboto Club.

Snacks To Pack For The Work Day

Small healthy snacks can help keep you energized when you're hungry between meals. Pack snacks in your lunch bag so you don't have to rely on vending machines or coffee shop treats.

Try these snacks:

- Hard-boiled egg with whole grain crackers
- Plain or Greek yogurt with berries
- Steamed edamame (soybeans)
- Apple slices with almond butter
- Veggie sticks with black bean dip
- Protein-packed bars

Snacks to keep at work

Keep some foods at work for those times when packing snacks just doesn't happen:

- Light tuna: Buy single-serving cans or vacuum-packed pouches. Eat with a few whole grain crackers for a snack or scoop onto a salad for lunch.
- Fruit cups: Try unsweetened mandarin oranges, fruit cocktails, pineapple, applesauce and peaches packed in water or juice.
- Make your own trail mix with nuts, seeds, dried fruits, popcorn & multigrain pretzels.
- Granola, nut or seed bars: Choose plain bars with little sugar & at least 2 grams fibre.
- Cereals: Choose an unsweetened cereal with at least 4 grams of fibre per serving. Buy milk at work to add to a small bowl of cereal.
- Crackers and bread sticks: Choose whole grain ones with at least 2 grams of fibre per serving. Enjoy with natural peanut butter, hummus or a little cheese. Keep some in the workplace fridge if you have one.

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.



A patient's MRSA or VRE status is confidential. Indicate the type of precautions required (e.g. Contact) when other patients, family or visitors may hear your discussion.

INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Sarah Gray
RETAIL SERVER
GUEST SERVICES



Kyle Shafer
SUPPORT ANALYST
DECISION SUPPORT



Katie Leblang
SOCIAL WORKER
SOCIAL WORK



Renay Pillion
REG. PRACTICAL NURSE
7 EAST

Pillowcases Make Kids Smile

The Chatham, Ontario chapter of Ryan's Case For Smiles visited Windsor Regional Hospital recently and donated special pillowcases marking their one-millionth pillowcase sewn. The pillowcases depict images of superheros and favorite comic book characters. There are over 100 chapters and thousands of volunteers, providing fifty-thousand hospitalized children with pillowcases throughout North America.



PHOTO ABOVE: Paediatric patient, Eva McCarthy receives her own pillowcase from the Chatham chapter of Ryan's Case for Smiles.

Nicholas Celebrates His 2nd Birthday!

It has become an annual event with Robert and Anka DeSantis visiting the hospital and making a donation of \$1000 to the Neonatal Intensive Care Unit (NICU) to celebrate the birthday of their young son, Nicholas. Turning 2 years old on September 19, Nicholas spent several weeks in the NICU in 2013. His parents wanted to give back in a similar way to a donation made last year on his birthday. Thank you Nicholas and Happy Birthday!



PHOTO ABOVE: (left to right) Nicholas, Robert and Anka are with Heather Bryan, NICU Clinical Practice Manager and Tammy Warkentin, NICU Nurse Practitioner.

Get Connected with Windsor Regional Hospital!



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@WRHospital



A Girls Night Out in Handbag Heaven

Featuring the Auction of Handbags donated by Celebrities, Retailers & Generous Individuals

Thursday, October 29th, 2015

GIOVANNI CABOTO CLUB

Doors Open 5:00 PM / Dinner 6:30 PM

Tickets

\$60.00 / \$550.00

Each Table of 10

To Order:

Call: 519-735-0211 or

Email: info@dogooddivas.com

Proceeds to benefit children in treatment at the W.E. Care for Kids House

Master of Ceremonies

Percy Hatfield, MPP

Jim Crichton, CTV

Handbag Donations Appreciated

Drop off during business hours at Patio Palace, 2859 Howard Ave. Windsor

Donate Your Coats To Spiritual Care



As we begin to approach the winter season there are many patients that may be leaving our hospital that do not have adequate clothing to keep them warm. The Spiritual Care department is requesting your assistance to help support our patients in need of a warm jacket/coat when leaving the hospital. If you have any new or gently used jackets/coats that you would be willing to donate to this cause, please bring them to the Spiritual Care Department at the Ouellette Campus.

In keeping with our current policy and to minimize infection control issues, the owner of Master's cleaners on Ottawa, Dougall, in Amherstburg and St. Clair Beach has generously agreed to dry clean our donated coats free of charge in order to support our patient population. Thank you for any support you can provide.

Coats can be dropped off at the Public Affairs/Foundation offices at either the Met or Ouellette Campus.

For more information contact Marlene Bafaro at ext. 33180.

WROCKIN' REALIGNMENT

October 1, 2015 marked the second anniversary of hospital realignment. To celebrate the occasion, the hospital held a WROC n' WROL (Windsor Regional Ouellette Campus & Windsor Regional on Lens) Walk between campuses last weekend. The party continued at the Ouellette Campus with a concert, cupcake contest and fun activities for kids.

Thanks to the musical guests, James Gibb, Sean Hopkins and Frank E. Cross, who got things "all shook up" in the Healing Garden, with a "little bit of rock and a little bit of country". It was a perfect day to enjoy a bit of music in the sun along with some of our patients enjoying the festivities as well. One patient said it was the best medicine he's received while in hospital.

Five local bake shops participated in a rock-themed cupcake contest providing a variety of delicious treats. Maria Pia Saccomanna won the bragging rights of being voted the top rock themed cupcake contest with her inspired Ferreo Rocher cupcakes.



Shop til You Drop Holiday Shopping Trip to Great Lakes Crossing

Wed, Nov 11, 2015

Pick-up at 8:00am
Drop-off 8:00pm
Devonshire Mall,
3100 Howard Ave

\$30 (non-refundable)/person
includes:
tax, bus fare, toll, shopping
bag, store map and
VIP Coupon Book
Additional stops at Meijer,
Costco and surrounding area

Open to all WRH Staff, their family & friends age 12 years and older.
To register, contact:
Laura Carcelen x52330 or Danielle Spidalieri x33023
A minimum of 55 people must be registered and paid by October 23.

<http://www.greatlakescrossingoutlets.com/>

**Staff Activities
COMMITTEE**

PAINT pink! THE NIGHT

IN SUPPORT OF BREAST CANCER AWARENESS MONTH



October 8th or 29th, 2015
6:00 - 9:30pm

The Gourmet Emporium
1799 Wyandotte St. E.
Free parking

- FEATURING:**
- Register and receive a free gift (\$30 value)
 - Complimentary hors d'oeuvres
 - Prevention & screening information
 - Instructed paint class
 - *All paint materials provided

\$50/person • Limited tickets available online only at:
www.forartssakeandwine.com

