



FRONTLINE NOVEMBER 23, 2015 TRIBUNE

VOLUME 3 / EDITION 44



COMPASSION is our
PASSION

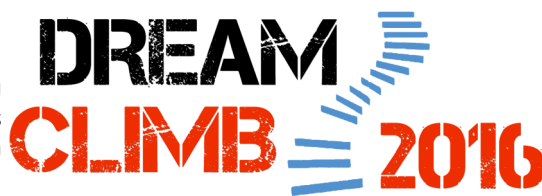


The FRONTLINE TRIBUNE is a publication of the Public Affairs and Communications Office of Windsor Regional Hospital
Met Campus-1995 Lens Avenue, Windsor, N8W 1L9 / Ouellette Campus-1030 Ouellette Avenue, Windsor, N9A 1E1

IN THIS WEEK'S ISSUE

- 1 • DREAMING ABOUT MAKING A NEW YEAR'S RESOLUTION FOR 2016?
- 2 • GROW ON INITIATIVE GETTING HAIRY!
• NEW FACES AT WINDSOR REGIONAL
• ACCREDITATION UPDATE
• SCHEDULE OF EVENTS
- 3 • AN EARLY HOLIDAY SURPRISE
• BEEF BARLEY SOUP
• WRH PRESENTS TO WINDSOR POLICE
• NEUROSURGERY WEBINAR SERIES
- 4 • CHILDREN'S CHRISTMAS PARTY
• MAC-A-NORAH
• POTATO FEST
• ONTARIO HEALTH STUDY

Dreaming About Making A New Year's Resolution for 2016?



Got an idea for you! As part of advocating Windsor Regional Hospital's Healthy Lifestyles Program and staying fit in the New Year, Dream Climb 2016 may be just what you're looking for!

An indoor walk or run takes place Saturday, January 16 and Sunday, January 17 in the Chrysler facility at 1 Riverside Drive East. For those who run year round, this is an opportunity to participate in a controlled climate in the middle of winter! 'Step Up Your Game' is a repetitive walk or run of the stairwell (13 floors) within the Chrysler facility.

The event supports the Neurosciences Program of Windsor Regional Hospital, providing care for complex traumatic brain injuries, spine injuries, cancer issues, stroke related issues, brain aneurysms and degenerative diseases.

Stepping up their game for the 2016 event are Title Sponsor: Greg Monforton & Partners; Platinum Sponsor: National Bank Financial/Mallender Group; Titanium Sponsor: Sabga Physiotherapy; along with other supporters including Dr. Dante Morassutti Professional Medicine Corporation, Subway, Loaring Physiotherapy, and Guaranteed A Fine Furniture, all supporting the two-day event.

Saturday, January 16 is individual participation and Sunday, January 17, is dedicated to team challenges. W.R.A.C.E. is involved, monitoring all participants (by chip) in order to select the winners. Prizes will be awarded for top achievers!

Several incentives are available when you register for the event. Offered are gift cards for The Keg and Subway, water bottles and pedometers. Depending on the level of pledges you obtain, your registration is free. For complete information on registration and incentives on Dream Climb 2016, go to www.dreamclimb.ca or call 519-973-4433.

WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

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



UPCOMING EVENTS

DEC 03 In Honour Of The Ones We Love
Potato Fest
 Time: 11:00am
 St. Clair Centre, 201 Riverside Dr. W

DEC 13 **WRH Children's Christmas Party**
 Ciociaro Club of Windsor
 3745 North Talbot Road, Windsor

DEC 15 **Blood Pressure Screening Clinic**
 Time: 12:00pm - 3:00pm
 Met Campus, Vendor Hallway

JAN 16 **DREAMCLIMB**
 Time: 10:00am - 4:30pm
 Chrysler Building
 1 Riverside Dr. West

JAN 17 **DREAMCLIMB**
 Time: 10:00am - 4:30pm
 Chrysler Building
 1 Riverside Drive West

JAN 30 **T2B "The Love Boat" Gala**
 Ciociaro Club of Windsor
 3745 North Talbot Road, Windsor

FEB 06 **In Honour Of The Ones We Love Gala**
 Ciociaro Club of Windsor
 3475 North Talbot Road

MAR 02 **Hats On For Healthcare**
 Various locations throughout
 Windsor-Essex
www.hatsonforhealthcare.com

JUN 09 **WRH Annual Golf Tournament**
 Essex Golf & Country Club
 7555 Matchette Road, LaSalle



Wearing gloves is not a substitute for hand hygiene. Hands must be cleaned according to the 4 moments for hand hygiene regardless of glove use.

Grow On Initiative Getting Hairy!

The Windsor Essex Cancer Centre Foundation is hosting its Grow-On fundraising in support of Prostate Cancer at Windsor Regional Hospital. For information on how to participate, contact the Foundation at Ext. 58506.



PHOTO ABOVE
 Staff of 4 West Oncology getting into the act with two real candidates up front in photo, with others simulating as part of the Grow-On Fundraiser.

ACCREDITATION UPDATE

Things staff should know!

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

**REQUIRED ORGANIZATIONAL PRACTICE (ROP):
 INFECTION CONTROL**

What We Do at WRH:

- Medical Devices & Reprocessing Dept. is responsible for almost all sterilization and high level disinfection (areas like Diagnostic Imaging, Endo, and the Operating Room also have some responsibility)
- Low level disinfection occurs in patient care areas when cleaning equipment between use and through the use of washer / disinfectors in some areas

A message from David Musyj, President & CEO

Windsor Regional Hospital is committed to continually improving our services. That's why we voluntarily participate in accreditation with Accreditation Canada - to learn what we're doing well and where we can improve. By having external surveyors assess our services against national standards, we are better able to focus our quality improvement efforts.

Everyone at Windsor Regional Hospital is involved in accreditation, including frontline staff, physicians, dentists, midwives, volunteers and board members. That's because we are committed to quality and patient safety.

INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Emily Clarke
 RETAIL SERVICE

GUEST SERVICES NETWORK



Mary Ryan
 REG. PRACTICAL NURSE

8 WEST



Kristin Gallant
 REGISTERED NURSE

7 EAST



Whitney Quenneville
 REGISTERED NURSE

EMERGENCY

An Early Holiday Surprise

Representatives from four local branches of the Motor City Community Credit Union visited Met Campus recently and donated \$600 worth of assorted toys, stuffed animals and gift cards to Paediatric Services.

Staff at the MCCCUC sites have an opportunity to select a worthy charity or cause and selected Paediatrics this year.



PHOTO ABOVE (l to r)

Anthony Rinaldi; Jennifer Burton Liang, WRH Child Life specialist; Matt Senechel; Sarah Castellani; Jennifer White; Tricia Bruner; Lisa Moore; Daniella Bombardier and Aleks Lachowski from Motor City Community Credit Union branches on Tecumseh Rd. E.; Walker Rd; City Hall Square and; Kildare Road.

WRH Presents to Windsor Police

Heather Campbell, Social Worker in the Mental Health Program at Windsor Regional Hospital, was invited to speak at the Windsor Police Service 5th Crisis Intervention Training (CIT). This is a 40 hour training program offered to Windsor Police Officers, local municipal police services, Corrections, Canadian Border Services Agency, and first responders such as EMS.

The Windsor C.O.A.S.T., program invited Heather to present a one hours session on Personality Disorders and strategies to assist officers who may be responding to individuals in the community. The CIT was established to better serve the community and to assist individuals in the community with a mental health crisis and is modeled after an accredited CIT training program based in Hamilton, ON.

Increased training of CIT members (police) is attained through partnerships with local health care professionals, such as COAST, and advocacy/support groups. The mission of a CIT is to use education and skills gained through specific training, to identify and provide the most effective and compassionate response possible to police situations involving people in a mental health crisis.

The training was held at the Major F.A. Tilston, V.C. Armoury and Police Training Facility at 4077 Sandwich Street. Heather presented on November 2, 2015 to 51 first responders. In addition to providing information on personality disorders, she also provided the participants with some mental health tips on how to care for themselves in the community and strategies for supporting their larger team.

Beef Barley Soup

Makes 4 servings

Prep: 20 min / Cooking Time: 75 min

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1/2 pound stew beef, cut into pieces
- 1 medium-size onion, chopped
- 2 carrots, cut into 1/4-inch pieces
- 1 medium garlic clove, finely minced
- 6 cups Beef Stock, or low-sodium
- 1/4 cup pearl barley, rinsed
- 2 teaspoons coarsely chopped fresh thyme
- Parsley, for garnish



METHOD

In a 6-quart soup pot, heat 2 teaspoons of the olive oil over medium-high heat. Add the meat and brown evenly, about 5 minutes. Using a slotted spoon, transfer the meat to a paper towel-lined plate. Reduce the heat to medium. Add the remaining oil and the onion and cook until the onion is soft and translucent, about 10 minutes, scraping the pot to loosen any brown bits. Add the carrots and garlic and sweat 5 minutes, stirring occasionally. Add 1/2 cup of stock and scrape the bottom of the pot. Add the remaining stock, the meat, barley, and thyme and bring to a boil. Reduce the heat and simmer, skimming the pot occasionally, until the barley is cooked and the meat is tender, about 50 minutes. Ladle into deep bowls and serve with garnish.

NUTRIENTS Per Serving :

Calories: 198; Protein: 17g; Total Fat: 10 g; Carbohydrates:13g; Sodium 824mg



Critical Care Services Ontario

PRESENTS:

Neurosurgery Education Webinar Series: Emergency Management and Transfer of Cranial Cases

Presented by Dr. Jim Rutka and Dr. Sunjay Sharma

Date: Thursday, November 26th 2015

Time: 8:00 a.m. - 9:30 a.m.

Quellette Campus - Belle River Room, 5th floor
Met Campus - Critical Care Conference Room 3rd Floor

Key learning objectives include the assessment and management of the following cases:

Epidural hematoma Acute subdural hematoma
Spontaneous intracerebral hemorrhage Acute hydrocephalus
Spontaneous subarachnoid Hemorrhage Cerebral Contusions
Severe traumatic brain injury (TBI) Posterior fossa hemorrhage
Traumatic subarachnoid hemorrhage Hypertensive hemorrhage
Brain tumour Traumatic CSF leak.

To register and view this webinar at home register online at the
Critical Care Services Ontario website at:

www.criticalcareontario.ca/EN/Toolbox/Education/Pages/default.aspx

IN HONOUR OF THE ONES WE LOVE



PRESENTS THE 5TH ANNUAL

POTATO FEST

THURSDAY DECEMBER 3RD, 2015
11AM TO 2PM

ST. CLAIR COLLEGE OF APPLIED ARTS
201 RIVERSIDE DRIVE WEST



Title Sponsor

POTATO SOUP
& GNOCCHI

ALL YOU CAN EAT \$10 PER PERSON

POTATO MARTINIS

Choice of Yukon Gold Whipped or Carrot and Leek
smashed with Crisp Fried Onion, Cheddar Cheese,
Blue Cheese, Sour Cream, Whipped Butter

BAKED POTATO BAR

Oven Baked Russet Potatoes, Whipped Butter, Fresh Chives, Bacon Bits,
Cheddar Cheese, Sour Cream, Sautéed Button Mushrooms

FRESH CUT FRIES

Chili, Cheese, Sauce, Green Onion, Black Olives, Sour Cream, Cheese Curds, Gravy

SALAD BAR

Baby Potato Salad with Sour Cream and Chive, Niçoise with Tuna,
French Beans and Olives, Warm Potato Salad with Dijon Vinaigrette

Come join the fun, bring family and friends!
For Tickets Call 519-966-2960 or
Email tina@inhonour.ca

Proceeds to benefit Ronald McDonald House and In Honour of The Ones We Love



CONTRIBUTE



TO A HEALTHIER FUTURE

The **Ontario Health Study** is returning to Windsor!
If you are between ages 30 and 74, please consider
giving a small amount of your time and a blood sample
to help researchers understand the causes of cancer and
other chronic diseases.

Windsor Study Centre

Monday, November 30, 1 p.m. - 9 p.m.

Tuesday, December 1, 9 a.m. - 9 p.m.

Wednesday, December 2, 9 a.m. - 9 p.m.

Thursday, December 3, 9 a.m. - 2 p.m.

Royal Canadian Legion (Riverside Branch 255),
Dart Room - 5645 Wyandotte Street East, Windsor

To sign up or receive more information call 1-866-606-0686, send
an email to info@ontariohealthstudy.ca or visit our website:

OntarioHealthStudy.ca/Windsor



Ontario Health Study

Étude sur la santé Ontario

Stay Connected  

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WINDSOR REGIONAL HOSPITAL OUTSTANDING CARE - NO EXCEPTIONS!

Windsor Regional Hospital is pleased to support

MAC • A • NORAH

the annual building of a Menorah at the Devonshire Mall.

It is built each year, in honour of Hanukkah from materials that can be donated for
use by local charities (past menorahs have been built of legos, cans, even socks!)

This year's menorah will be made of dry pasta, rice and beans and will be
donated to Windsor's Food Pantry.



Staff are invited to bring bags or boxes of dry pasta, rice or beans for the menorah to
the Public Affairs / Foundation office at either the Met or Ouellette Campuses
until Friday, December 4th, 2015.

The menorah will be "lit" on Monday, December 7th between 4pm - 6pm

Chabad's Dry food drive is dedicated to spreading the joy of Chanukah to people who
are going through a tough time. For more information call 519-256-2572. Co-sponsored
by the three synagogues of Windsor, Massey High School and Windsor Regional Hospital.



NEW LOCATION:
Ciociaro Club Salon A/B

WRITE A LETTER TO SANTA
DECORATE A COOKIE
CREATE A SPECIAL KEEPSAKE
TAKE A PHOTO WITH SANTA!!
WHILE HIS HELPERS GIVE OUT GIFTS

Doors open at 11:00 / Lunch served promptly at 12:00
Santa arrives at 1:00

Gifts will be given out by age-youngest to oldest - *sorry, no exceptions*

Tickets: \$15 per Adult / \$15 per child

Party is open to staff members' children and grandchildren ages 0-10yrs

Tickets can be purchased in Human Resources at
Met (ext 52330) and Ouellette (ext 33023)

Advance Sales Only - DEADLINE TO PURCHASE IS NOV 30