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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

Advance Business Systems Steps Up For Kids

It was their 24th Annual American Thanksgiving Football Classic on November 26th and for Advance Business Systems, it was a day to give back to its community through philanthropy.

As a result of up to 500 business owners and guests participating, the result was an \$11,000 donation to Paediatric Services at Windsor Regional Hospital.

Advance Business Systems, under the leadership of its President, Jack Jorgensen, is Southwestern Ontario's largest supplier of document management equipment and supplies.

Advance

BUSINESS SYSTEMS



PHOTO ABOVE:

From (l to r): Lucia St. Aubin, Manager of NICU; Ilias Kiritsis, President, Windsor/Essex Hospitals Foundation; Jack Jorgensen, President and son, Jake Jorgensen of Advance Business Systems.

W.E. Care For Kids Campaign Breaks Record

The Windsor Essex Care For Kids Foundation reached an all time record by raising \$443,070 as a result of their fundraising efforts this year. Several major donors came through once again including, a major gift from Do Good Divas of \$100,000. RBC-Royal Bank donated \$25,000 and Ives Insurance gifted \$20,000, along with several businesses, schools, groups and individuals who raised money to support Paediatric Services in the region.

W.E. Care For Kids have been a great source of support to Windsor Regional Hospital since its inception in 1997. They have funded a dedicated Paediatric Operating Room, the Regional Children's Centre Family Learning Place now known as the W.E. Care For Kids House, major capital medical equipment for Paediatrics, Maternal Newborn, Neonatal Intensive Care and Operating Room needs.

Most recently, they initiated a new \$400,000 pledge toward the future Ronald McDonald



PHOTO ABOVE:

W.E. Care For Kids spokes-kids hosting their card to display the \$443,070 total raised as a result of the 2015 campaign.

UPCOMING EVENTS

- JAN 05** **Dedicated Years Open House**
1:00pm - 3:00pm / 8:00pm - 10:00pm
Met Campus, Clinical Education Rm.
- JAN 06** **Dedicated Years Open House**
1:00pm - 3:00pm / 8:00pm - 10:00pm
Ouellette Campus, Essex Room
- JAN 12** **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 Dr. West
- JAN 30** **T2B "The Love Boat" Gala**
Time: 5:30pm
Ciociaro Club of Windsor
3745 North Talbot Road, Windsor
- FEB 06** **In Honour Of The Ones We Love Gala**
Time: 6:00pm
Ciociaro Club of Windsor
3475 North Talbot Road
- FEB 09** **Blood Pressure Screening Clinic**
Time: 12:00pm - 3:00pm
Ouellette Campus, Vendor Hallway
- MAR 02** **Hats On For Healthcare**
Locations throughout Windsor-Essex
www.hatsonforhealthcare.com
- APR 12** **Blood Pressure Screening Clinic**
Time: 12:00pm - 3:00pm
Met Campus, Vendor Hallway
- MAY 10** **Blood Pressure Screening Clinic**
Time: 12:00pm - 3:00pm
Ouellette Campus, Vendor Hallway



A mask and face protection should securely cover the nose and mouth. To prevent fogging of the face shield adjust that mask so that it fits securely over the bridge of your nose.

Dedicated Years Of Service Open House

In lieu of the Dedicated Years of Service Event typically held the last Tuesday of November, Windsor Regional Hospital will be holding an Open House where staff can come to pick up their anniversary pin and enjoy refreshments with colleagues.

Invites to those who are scheduled to receive their pin have been sent but if you have not received one and believe you are eligible, please contact Laura Carcelen from Human Resources at ext. 52330.

Tuesday, January 5, 2016

Met Campus, Clinical Education Centre
1:00pm - 3:00pm or 8:00pm - 10:00pm

Wednesday, January 6, 2016

Ouellette Campus, Essex Room
1:00pm-3:00pm or 8:00pm-10:00pm

Happy Healthy Holidays

This holiday season, make it a point to indulge...in healthy living. It's a great way to connect with the pleasures of the season. And there is so much to enjoy – time with friends and family, the smiles that being active brings, and let's not forget the wonderful food! So say goodbye to holiday guilt and hello to healthy indulgences.

YOUR HOLIDAY PLAN

Will you be going to a lot of parties this holiday season? Lucky you! Enjoy the good times and great food without holiday weight gain. Here's how:

1. Enjoy your "must-have" treats. Be choosy. What foods do you really enjoy? Promise yourself that you will have a few favourites over the holidays and aim to make healthy choices the rest of the time.
2. Be active for 30 minutes a day. More is better! Remember, every 10 minutes counts. Plan to be active every day. You will feel marvelous!
3. Curb your hunger before the party. Eat a small, healthy snack an hour before a party. Try plain yogurt with cut-up fruit. You'll find it easier to make healthy choices if you're not too hungry.
4. Bring something deliciously healthy. That way, you are sure to have at least one healthy choice. Try this: fruit salsa (chopped fruit with a little honey) and cinnamon crisps (whole-wheat pita wedges brushed with water, sprinkled with cinnamon and brown sugar, and baked until crispy).
5. Be ready for the "food-pushing host." If someone is pressuring you to eat more, try saying, "Everything I ate was wonderful. I wouldn't want to spoil the great meal by overdoing it, but thanks for the offer."
6. Stop when you are no longer hungry. Eat slowly, and when you've had enough, put away your plate, or if you are eating out, ask the server to pack leftovers for later. If there is a food table, go to the other side of the room. You'll be less likely to nibble!
7. Drinking? Alternate alcoholic drinks with lower-calorie beverages (club soda and lime, or diet pop). Another way to watch the calories is to drink light beer or wine spritzers (half soda water, half wine). Choose lower-calorie mixers, such as club soda, sparkling water or diet pop. Remember, a fancy sweet drink or eggnog might have nearly as many calories as a meal. If you really want one, think of it as your dessert and take your time to enjoy it!

For more information on healthy eating, visit: www.dietitians.ca or www.eatrightontario.ca

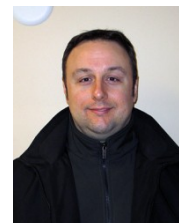
INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Janina Teaney
REGISTERED NURSE
6 EAST



Anne Sibbald
RADIOLOGICAL TECH
DIAGNOSTIC IMAGING

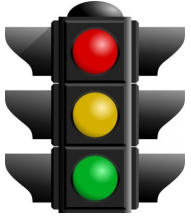


Robert Switzer
SOCIAL WORKER
SOCIAL WORK



Chantel Simas
RADIOLOGICAL TECH
DIAGNOSTIC SERVICES

New Crosswalk Traffic Light Installed At Ouellette



For the safety of Patients, Visitors and Staff, a new CrossWalk Traffic Light has been installed at the Ouellette Campus at Goyeau Avenue entrance.

Please make every effort to use it when crossing Goyeau Street.

SIGVARIS
LIFE FOR LEGS

Sigvaris Compression Stockings offers just the right stocking for every situation in life, elegant and very stylish or comfortable and casual.



We Care Pharmacy is now an authorized fitter and provider of Sigvaris Compression Stockings.

Most of the hospital Green Shield plans pay for compression stockings and there are a lot of newer styles to choose from including athletic and running, casual, dress socks, etc.

Visit the We Care Pharmacy at the Ouellette Campus for more information.

(Reminder free parking in the garage for staff visiting from the Met Campus)

Critical Care Needs Met!

Thanks to "In Honour of the Ones We Love", a \$15,000 donation was provided for construction and to furnish a Critical Care Quiet Room just outside of the Intensive Care Unit at the Met Campus.

"It was necessary to provide a private and confidential area to meet with families whose loved one was in the ICU," said Janet Johnson-Reddam, Director of the Critical Care Program.

In "Honour of the Ones We Love" is a grassroots charitable organization helping patients and their families affected by serious illness. Their aim is to raise funds and awareness and ensure the community has access to the best medical treatment and state-of-the-art facilities.



PHOTO ABOVE: (l to r):

Anita Imperioli, President, and Teresa Silvestri, Director, In Honour of the Ones We Love; Janet Johnson-Reddam, Director of Critical Care; Marianne Westlake, Manager of Critical Care and, Cathy Dwyer, Clinical Practice Coordinator, Critical Care.

WestJet Mini-Miracle & Britton Images Team Up During The Holidays

Promoted as WestJet Mini-Miracles, Amy Britton, WestJet Customer Service Representative and Jennifer Ducharme, WestJet Flight Attendant delivered up to 32 fruit bowls/baskets to the Met and Ouellette Campus recently. Each fruit bowl was quickly delivered to nursing stations as requested.

"We had to keep the idea secret until the day we were given the signal to deliver the mini-miracle gifts," stated Amy Britton of WestJet. "Up to 12,000 mini-miracles were completed by WestJet representatives across Canada on December 9th as random acts of kindness.

WestJet is Canada's highest-rated airline for customer service, powered by an award-winning culture of care and recognized as one of the country's top employers. They offer up to 100 destinations in North America, Central America, the Caribbean and Europe.



PHOTO ABOVE (l to r)

WestJet employees, Amy Britton and Jennifer Ducharme with their random acts of kindness gifts for Met and Ouellette Campuses.

HOLIDAY HOURS OF OPERATION WINDSOR REGIONAL HOSPITAL

MET CAMPUS

Tim Hortons

Open weekend hours for holidays:
Dec. 19 – Jan. 4/16: 8am – 4pm
Christmas Day: Closed
New Years Day: Closed

Daily Grill

Dec. 21 – 24 : 7am – 6pm
(coffee available 7am at The Daily Grill)
Dec. 25, 26, 27: Closed
Dec. 28 – 31: 7am – 6pm
Jan. 01: Closed
Jan. 02: 8am – 2pm
Jan. 03: Closed

Subway

Dec. 21, 22, 23: 8am – 10pm
Dec. 24: 8am – 8pm
Dec. 25: 10am – 6pm
Dec. 26-31: 8am – 10pm
Jan. 01: 10am – 6pm
Jan. 02: Regular hours, 8am – 10pm

OUELLETTE CAMPUS

Tim Hortons

Hours for the holiday period:
7am – 9 pm, every day except:
Christmas Day: Closed
New Years Day: Closed

Armandos

Dec. 21, 22, 23: 8am – 6pm
Dec. 24: 9am – 5pm
Dec. 25: 10am – 5pm
Dec. 26, 27: 9am – 5pm
Dec. 28, 29, 30: 8am – 6pm
Dec. 31: 9am – 5pm
Jan. 01: 10am – 5pm
Jan. 02, 03: 9am – 5pm



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visit our Facebook and Twitter pages!





GET YOUR GIFT CARDS!

Did you know that you can **SUPPORT** and **DONATE** to Windsor Regional Hospital without any extra money coming out of your own pocket?

Choose from over 100 gift cards including local shops, restaurants and services!



SHOPPING MADE SIMPLE! GET YOURS TODAY!

Public Affairs / Foundation Office - Ouellette & Met Campuses

For more information contact Sandra Bauer at 519-254-5577 ext.52004 or Sandra.bauer02@wrh.on.ca

Receive world class investment advice and support Windsor Regional Hospital at the same time!



Give us a call at 519-258-0504 and one of our advisors will meet with you to determine if this program is right for you.

www.mallenderwealth.ca



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SEXUALITY AND CANCER INFORMATION SESSION

AN OVERVIEW OF SEXUAL HEALTH CHALLENGES

- Ways to improve intimacy & sexual relationships
- An overview of related community resources

Persons with cancer (and their partners) are invited to attend one of the following sessions:

Wednesdays • 5:30 pm - 7:30 pm
Windsor Regional Cancer Centre: Casino Cares Room

January 6, 2016	April 6, 2016
February 3, 2016	May 4, 2016
March 2, 2016	June 1, 2016

To Register:
Call the Call Centre at 519-253-5253 between 8:30 am to 4:00 pm

