



# 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  
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## Windsor Regional Cancer Program Approved For Vital Stem Cell Transplant Day 1 Program

The Board of Directors of Windsor Regional Hospital recently approved the implementation of a specialized Stem Cell Transplant Day 1 Transfer Program for Autologous patients. This program will accept autologous transplant patients from the London Regional Cancer Program, one day post stem cell transplant for care close to home in Windsor-Essex. Funding will be provided by Cancer Care Ontario and will contribute to reducing the current wait list for stem cell transplants that currently exist within the Province.

This past year, 21 Windsor-Essex residents had autologous stem cell transplantation in either London or Hamilton with their average length of stay post transplantation of approximately 13 days.

For autologous transplantation, the patient receives his or her own bone marrow or stem cells that were collected and frozen before admission for high-dose chemotherapy or radiation. The stem cell transplant generally occurs one to three days after a patient's last chemotherapy dose or anytime after their last radiation dose. The day of transplantation is referred to as Day 0. The days before the transplant are counted as minus days and the days after the transplant are plus days. Advances in the treatment of cancer and improvements in supportive care over the last 10 years have improved the results and tolerability of stem cell transplants. However, a stem cell transplant remains an involved and very complicated procedure.

Windsor Regional Hospital was in a fortunate position to already have an expert team of physicians with the Regional Cancer Program with extensive experience in stem cell transplant. Dr. Caroline Hamm, Medical Oncologist with the Windsor Regional Cancer Program currently participates in a provincial expert panel on stem cell transplant that consistently reviews wait lists and access within the Province. Dr. Hamm, along with her colleagues, Dr. Mohammad Jarrar, Dr. Indryas Woldie, Dr. Sindu Kanjeekal and Inpatient Oncology Manager, Kit McCann will form an implementation team for Day 1 Transfer of Autologous Transplant. This exceptional leadership team achieved the specialized care for these vulnerable patients through the approval process.

"This program allows patients to come back home, while recovering from their treatment. It is the ongoing development that started with the Schulich Medical & Dentistry Program, Windsor Campus; the recruitment and retention of clinical expertise; along with the vision of a new state-of-the-art acute care hospital," stated Dr. Hamm. "The new acute care hospital and hospital system will continue to attract the expertise for clinical care, education and research! Our future is very promising for Windsor-Essex and we need to do everything we can to make that future a reality."



PHOTO ABOVE (l to r) Dr. Caroline Hamm, Medical Oncologist and Monica Staley, Vice President, Regional Cancer Services and Renal Programs.

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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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@WRHospital

Visit our website for more information at [www.wrh.on.ca](http://www.wrh.on.ca)



# UPCOMING EVENTS

- 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
- MAY 14** **Car Seat Clinic**  
Time: 10:00am  
Amherstburg Fire Station #1  
271 Sandwich Street South
- JUN 09** **WRH Annual Golf Tournament**  
Essex Golf & Country Club  
7555 Matchette Road, LaSalle
- JUN 11** **Car Seat Clinic**  
Time: 10:00am  
Formula First Collision  
9420 Tecumseh Road East
- JUL 09** **International Dragon Boat Races**  
Waterfront Park  
13451 Riverside Drive East, Tecumseh
- JUL 12** **Blood Pressure Screening Clinic**  
Time: 12:00pm - 3:00pm  
Met Campus, Vendor Hallway
- AUG 09** **Blood Pressure Screening Clinic**  
Time: 12:00pm - 3:00pm  
Ouellette Campus, Vendor Hallway
- SEP 10** **Car Seat Clinic**  
Time: 10:00am  
Windsor Fire Station 7  
1380 Mathew Brady Avenue
- OCT 11** **Blood Pressure Screening Clinic**  
Time: 12:00pm - 3:00pm  
Met Campus, Vendor Hallway



Vaccines serve as a cornerstone of public health and have made a significant contribution to the control of infectious disease in Canada and internationally. Contact Employee Health or your family physician to ensure your vaccines are up to date.

## Windsor Regional Cancer Program Approved For Vital Stem Cell Transplant Day 1 Program cont'd..

"This is wonderful news for our community to have this expertise close to home and it will allow our patients to receive the care they need in their own region," said Monica Staley, Vice President, Regional Cancer Services and Renal Programs.

The end result is achieving the existing needs of these patients in a proactive approach and the opportunity for trainees to learn higher levels of expertise. The next steps include working with the London Regional Cancer Program and Hamilton Health Sciences Centre on an implementation plan for this specialized initiative.

## Lions, Tigers, Bears, And Many Other Furry Friends!

General Amherst High School, under the leadership of Felicia Varacalli, Grade 12 student, held their Teddy Bear Drive event again this year, raising 150 teddy bears for Paediatric Oncology and Child Life Services.

The student body got involved through raffles, winning gift cards to acquire some of the bears. Subway Restaurant in Amherstburg assisted and, Custodian, Jim Craig purchased up to 50 of the bears himself to help the students with their fundraising project.



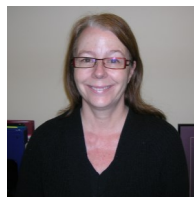
PHOTO ABOVE: (l to r) Grade 12 student, Felicia Varacalli; General Amherst teacher, Kary Coulson; and custodian, Jim Craig, flanked by many bears of various sizes and colours. Thank you General Amherst High School for 'paying it forward'!

## National Dietitians Day on March 16, 2016

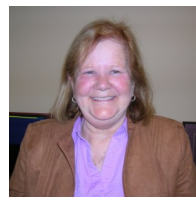
Once a year, a special day is dedicated to all dietitians across Canada. It celebrates dietitians as health care professionals, committed to using their specialized knowledge and skills in food and nutrition to improve the health of Canadians.

March 16, 2016 marks the seventh anniversary of Dietitians Day. It spotlights the profession and reminds us that dietitians are the smart choice for advice on proper eating, good nutrition and healthy living.

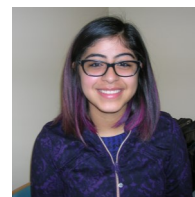
## INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



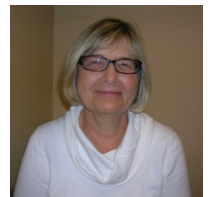
**Jacqueline Thomas**  
VOLUNTEER  
BOOK BUS



**Kathleen Forsyth**  
VOLUNTEER  
PAEDIATRICS



**Roselia Ayala-Orsorio**  
VOLUNTEER  
ER



**Ruth Ann Wilhelm**  
VOLUNTEER  
EUCCHARISTIC MINISTER



# FAMILY GIVING CAMPAIGN RAISES \$100,000 DOLLARS!!!

Congratulations to Windsor Regional Hospital Staff including employees, physicians, volunteers and affiliates for their generous donations to the Windsor Regional Hospital Foundation supporting many programs at both campuses.

## Wrap Up Celebrations will be held on Wednesday, March 23rd

SOP Office (Met - First Floor Lobby)  
SOP Office (Ouellette - Ground Floor )  
2:00pm - 4:00pm

Midnight Staff  
Met & Ouellette Lobby / 11:00pm - 1:00am

**Many thanks to Dayna Roberts  
this year's Campaign Chair.**

# NURTRITION MONTH 2016

## Look for our Nutrition Month Booth this week!

A Registered Dietitian will be available to answer questions and provide healthy eating tips from **11:30 to 1:30 on March 17<sup>th</sup> in the Ouellette Campus Cafeteria and on the 18<sup>th</sup> in the Met Campus Vendor Hallway.** Stop by and ask questions, get tips for healthy eating, learn about how we can help prevent malnutrition in hospitalized patients and get a free healthy snack.

### WEEK 2 READY-TO-USE TIPS

When it comes to food choices, quality counts. Nourishing foods promote health and can help you feel your best. Take small steps to bump up the quality of your meals and snacks: get clever with cooking, swap in nutrient-rich choices and enjoy deliciously healthy foods. Here are some tips to get you started.

Jump-start your day! Power through your morning by eating a good breakfast. A nourishing breakfast gives you a fuel boost plus protein and fibre to help you stay alert and avoid mid-morning munchies.

In a hurry?

Blend frozen berries, yogurt and milk for a super smoothie. Make it even better with baby spinach and ground flax. Wrap peanut butter, a banana and trail mix in a whole-grain tortilla for a portable, crunchy breakfast.

Got time?

Make a burrito with scrambled egg, lentils or soft tofu, sautéed red pepper, avocado and salsa wrapped in a warm tortilla. Top French toast with yogurt, sunflower seeds and warm sautéed apple slices.

Forget the food court! Pack good food fast with "planned extra" leftovers for lunch. Try these tasty ideas:

- Cook extra chicken for dinner. For lunch, wrap chicken in soft tacos, with crunchy cabbage and shredded carrots, a sprinkle of feta and big squeeze of juicy lime.
- Roast extra root veggies. Layer them on crusty whole grain bread with hummus and baby spinach for a scrumptious sandwich.
- Toss extra cooked whole-wheat pasta, couscous or barley with pesto, cherry tomatoes, lentils and small cheese chunks for a protein-packed salad.

Swap your sip! Sugary and creamy drinks pack a calorie punch. Your best choice for quenching thirst? Water! Add zing with mint, berries or citrus wedges. Carry a water bottle and keep it fresh all day. Swap your sip with these tips:

- Choose fizzy water with a tangy citrus twist instead of sugary pop.
- Like a latte? Filled with nutrient-rich, hydrating milk, lattes can be a good choice. Go plain, without sugary syrups or whipped cream. Try decaf to cut caffeine.
- Tea lover? Try hot or iced black, green or herbal teas without added white sugar or honey. Enjoy the taste of the tea itself.

For more information visit [www.dietitians.ca](http://www.dietitians.ca)

Greg Monforton AND PARTNERS INJURY LAWYERS  
PRESENTS 5TH ANNUAL

# Healing to the Beat

An evening of fabulous music to benefit the Oncology Unit at Windsor Regional Hospital  
**SATURDAY, APRIL 16, 2016**  
FOGOLAR FURLAN CLUB | 1800 NORTH SERVICE ROAD (E.C. ROW)  
DOORS OPEN @ 7:30PM | SHOWTIME 8:30PM

**The Groove COUNCIL**

WITH SPECIAL GUESTS  
**THE CRAZY KENNY PROJECT**

**TICKETS \$25** PURCHASE 10 TICKETS TO RESERVE A TABLE. PLEASE CALL 519-985-2656 OR 519-791-5240  
INCLUDES PIZZA BUFFET

### TICKETS AVAILABLE AT:



### SPONSORED BY:



In loving memory of Clayton Moore, Sandy Gillis, Don Venus & Ralph Travenetti

# WE TIP OUR HATS TO YOU FOR SUPPORTING THE 2016 HATS FOR HEALTHCARE DAY!

We thank everyone for their support of the “Hats On For Healthcare Day” held on Wednesday, March 2. Many individuals and organizations, together with their employees put on their unique and creative head attire and made donations to the Mental Health Program at Windsor Regional Hospital.



[www.hatsonforhealthcare.com](http://www.hatsonforhealthcare.com)