



FRONTLINE TRIBUNE

MARCH 21, 2016

VOLUME 4 / EDITION 12



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

Only You Can Call The Shots On Colon Cancer!

March is Colon Cancer Awareness Month and the Windsor Regional Cancer Centre invites eligible men to "Call the Shots on Colon Cancer" and get screened with a simple take-home test.

Colon cancer is the second leading cause of cancer death in men and women in Ontario. However, it is highly treatable when caught early. The fecal occult blood test (FOBT) is safe, painless and can be done at home.

Here are some cold hard facts about colon cancer:

1. Once you turn 50 years of age, your risk of getting colon cancer increases.
2. Men are less likely to participate in screening for colon cancer.
3. Someone could have colorectal cancer and not know it!
4. You can get colon cancer even if nobody in your family has had the disease.
5. Ontario has an organized screening program for average risk men and women between the ages of 50 and 74.
6. Screening tests your poop/stool for small particles of blood in the privacy of your own home.
7. Your physician can provide you with a colon cancer check screening kit.
8. If you have no family doctor, contact Telehealth Ontario at **1-866-828-9213** for a kit.
9. When caught early, 9 out of 10 people with colon cancer can be cured.
10. Participating in screening could be the difference between life and death.

During the month of March, hockey legend, Darryl Sittler has partnered with CCO and Colon Cancer Canada to increase awareness about the importance of screening. After losing his wife to colon cancer in 2001, Darryl now gets screened regularly and encourages his family and friends to do the same.

For more information about how you can call the Shots on Colon Cancer, visit www.cancercare.on.ca/colon or www.ontario.ca/coloncancercheck



PHOTO ABOVE:
Hockey Legend, Darryl Sittler



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



UPCOMING EVENTS

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

APR 12 **Mental Health Wellness Series**
Time: 3:00pm / 7:00pm
Caesars Windsor
377 Riverside Drive East, Windsor

APR 16 **Healing To The Beat**
Time: 7:30pm
Fogolar Furlan Club
1800 North Service Road, Windsor

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



If dust particles contaminated with bacteria and fungi are dispersed during construction, there may be health risks for patients, staff, and visitors. Early planning in construction and renovation projects can prevent hospital-acquired infections, and other workplace hazards.

NUTRITION 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 22nd in the Met Campus Vendor Hallway and March 23rd in the Ouellette Campus Cafeteria. Stop by and ask questions, get tips for healthy eating and get a free healthy snack.

When it comes to healthy eating, how much you eat can be just as important as what you eat. Eating portions that are too big can lead to overeating and weight gain. Follow these tips to manage the munchies while enjoying realistic portions.

WEEK 3 READY-TO-USE TIPS

Give yourself a hand! Size up your portions with handy estimates. Wondering if you're eating too much or too little? Use your hand and try these estimates on for size:

- 1 cup of leafy green veggies or 1 whole piece of fruit = 1 fist
- Fresh, frozen or canned vegetables = ½ fist
- 1 slice of bread or ½ bagel = 1 hand
- 1 cup of milk or ¾ cup of yogurt = 1 fist
- 50 grams of cheese = 2 thumbs
- Serving of chicken = palm of hand
- ¾ cup of pulses (e.g. lentils, black beans, chick peas) = 1 fist

Size counts! Package, plate and portion sizes can influence how much you eat. Larger portions, huge packages and bigger plates and bowls can all cause overeating. Set your table for portion-size success with these tips:

- Use smaller, lunch-sized plates and bowls for meals. You'll eat less but still feel satisfied.
- Serve food, or have family members serve themselves, from the counter or the stove.
- Keep serving dishes of vegetables on the table. If you're still hungry, eat second portions of veggies.
- Put large glasses of water on the table. You might even drink more water.

Buy in bulk without bulking up! Use small reusable containers to repackaging foods into right-sized portions. Big packages and bulk items can be budget-friendly but a portion pitfall! The bigger the package, the more you're likely to eat. Repackage foods into realistic portions, and try these tips:

- Avoid buying club-size packages. Stockpiling big amounts of food can cause you to eat more.
- Share buy-one-get-one deals with a friend to get the savings without extra food.
- Put a snack portion into a small bowl instead of eating from the package. Eating from the package can lead to overeating.

BONUS WEEK 3: DIETITIAN PRO TIPS

Dietitians can help you manage your portion sizes and eat mindfully. Check out some of our favourite dietitian-designed tips:

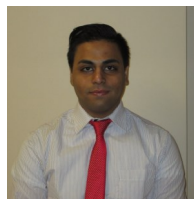
- 1) Downsize big portions when eating out: split an entrée, skip appetizers or share dessert.
- 2) Enjoy lunch away from desktop distractions so you don't overeat.
- 3) Turn off screens during meals so you are less likely to eat mindlessly long after you are satisfied.
- 4) Add chickpeas, tuna, lentils, edamame or seeds to leafy green salads for a simple protein- and fibre-filled lunch.
- 5) Slow down when you eat. Put your fork down in between bites.
- 6) Buy individually wrapped treats, such as small squares of dark chocolate, to help with portion control.
- 7) Make your own snack packs by filling reusable bags with nourishing foods like roasted chickpeas, whole-grain cereal or veggies and fruit.

For more information on Nutrition Month go to www.dietitians.ca

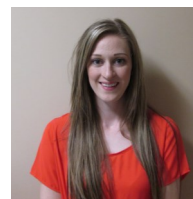
INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Manon O'Sullivan
PHARMACY TECHNICIAN



Tailor Jaysil
DIETARY HELPER



Marie Ann Sawatzky
RADIOLOGY TECHNICIAN



Chantelle Mousseau
ADMITTING CLERK

Hockey Kicks Cancer!

The Eid Sisters Annual Charity Birthday Bash saw young people lace up their skates and raise funds for Paediatric Oncology and Child Life Services at Windsor Regional Hospital.

Ava (14 yrs old) and Bri (13 yrs old) and their respective hockey teams, the Windsor Wildcats and the Tecumseh Eagles faced off and played a fun-friendly game recently. What is unique is that Bri is Team Captain of the all boys, Tecumseh Eagles team who won the game against her sister Ava and the Windsor Wildcats this year.



PHOTO ABOVE:

Team members of both teams join forces in support of cancer, raising \$4000.

(Left to right) are:

Brandon Magana, Peter McLeod, Liam Lenehan, Bri Eid, Ava Eid, Katie Parent, Michelle Bacon, Kim Primeau and Kayla Brosseau

All Aboard The Big Bike For Heart & Stroke Foundation!

Teams are starting to assemble for this year's Big Bike ride in downtown Windsor in support of the Heart and Stroke Foundation!

The June 3rd event will feature two teams from WRH riding on the oversize bikes in support of research, public education and advocacy efforts.



Last year our two WRH teams successfully raised more than \$3600 for the Heart and Stroke Foundation. Once again this year, we will have the District Stroke Centre team (riding at 6 pm) and the Cardiac Catheterization Lab (riding at 7:30 pm).

WRH is the region's host to the cardiac catheterization lab and the District Stroke Centre, making the partnership with Heart and Stroke Foundation a natural one, says Denise St. Louis, WRH coordinator for the District Stroke Centre Windsor-Essex.

Secure your ride time today by contacting Kaitlyn Sheehan (Clinical Practice Manager, Cardiac Cath Lab and Cardiac Care Unit) at ext. 33625 or by email at kaitlyn.sheehan@wrh.on.ca or Denise St. Louis (Coordinator, District Stroke Centre Windsor-Essex) at ext. 33770 or by email at Denise.St.Louis@wrh.on.ca.

We Care PHARMACY

WINDSOR REGIONAL HOSPITAL

1030 OUELLETTE AVE., WINDSOR, ON. 519-255-2181

The We Care Pharmacy is pleased to announce the opportunity to email any prescription or questions to the Pharmacy located at the Ouellette Campus.

Staff are invited to scan and email their scripts to:
wecarepharmacy@wrh.on.ca

The original prescription must be brought to the pharmacy staff when you pick it up.

Courtesy parking available in the parking garage for those coming from the Met Campus.

**For more information, please call
ext. 32181 or 519-255-2181**

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



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

TICKETS AVAILABLE AT

Windsor Regional Hospital

Fogolar Furlan Club



www.wrh.on.ca

www.fogolar.com

SPONSORED BY:

LiUNA!625



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

Parkwood Hospital Presents: Acquired Brain Injury Survivor and Family Education Series

Broadcast via videoconference at Windsor Regional Hospital—Ouellette Campus
Tuesdays 6:30—8:00 PM in the **Cottam Room** (1st floor administrative hall)
Contact: Suzanne McKenzie @ 519-973-4411 extension 33186

The survivor and family education series is a forum open to individuals with acquired brain injury, their family, and friends. The goals of the series are to share education and information, provide opportunities to meet other individuals and family members affected by brain injury, and to encourage peer support. You are welcome to attend one, some, or all of the sessions.

Spring 2016 Schedule	
March 22 th	Brain Injury 101 – Part 1 Speaker: <i>Kelly Williston Wardell, Occupational Therapist</i>
March 29 th	Brain Injury 101 – Part 2 Speakers: <i>Kelly Williston Wardell, Occupational Therapist, Jill Bowen, Social Worker</i>
April 5 th	Practical Strategies for Managing your Life Speaker: <i>Becky Moran & Manny Paiva, Occupational Therapists</i>
April 12 th	Finances After ABI-Looking at Ontario Disability Support Program & Canada Pension Plan-Disability Speakers: <i>Melissa Brideau, RSW-Advocate Lucille Brennan, RSW-Advocate Manager</i>
April 19 th	Dealing with Headaches and pain Following ABI Speaker: <i>Dr Keith Sequeria</i>
April 26 th	Brain Injury and the Practice of Mindfulness Speaker: <i>Lisa McCorquodale</i>
May 3 rd	Life after Brain Injury-Reintroducing Leisure into Your Lifestyle Speakers: <i>April Zehr & Nadia Andretta Whelan, Therapeutic Recreation Specialists</i>
May 10 th	Survivor Stories



FAMILY GIVING CAMPAIGN WRAP UP CELEBRATION

WEDNESDAY, MARCH 23, 2016

2015 CAMPAIGN RAISES \$100,000.11

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

MET CAMPUS

SOP Office
2pm - 4pm

First Floor Lobby
11pm - 1am

OUELLETTE CAMPUS

SOP Office
2pm - 4pm

Mezzanine
11pm - 1am

HOMEMADE SOFT PRETZELS & REFRESHMENTS

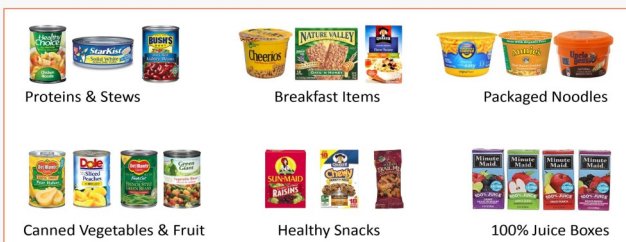
Just like Disney...sort of...!



Dayna Roberts
Campaign Chair




Spring Forward
FOOD DRIVE CAMPAIGN
MARCH 7 - 24, 2016



PROCEEDS BENEFIT STREET HELP

Street Help Homeless Services is a Self-Help organization run primarily by and for persons who are or who have been homeless. Street Help provides outreach street patrol services to the homeless: food, sleeping bags, back packs, socks, winter clothing, and information on local services for the homeless.

DONATION ACCEPTED AT THESE LOCATIONS

OUELLETTE CAMPUS - GOYEAU LOBBY
MET CAMPUS - LOWER LOBBY LEVEL

Cash donations are also accepted by contacting **Rita Jacques** at rita.jacques@me.com or **Steve Erwin** at steve.erwin@wrh.on.ca to arrange pickup

Essex Windsor EMS Presents

Mental Wellness Speaker Series

Please join Brian Knowler and his wife Cathy as they discuss mental wellness and PTSD in first responders and their families. Brian is a 17 year member of law enforcement. Cathy is a teacher, principal, adult educator and has been part of the policing family her whole life.



In 2004, Brian was the first responder to the scene of a motor vehicle collision that took the life of the driver, a close friend from university. He buried the memories and effects of that night and hid himself in work, promotions, and isolation from his friends and family.



Finally, in 2012, the dam broke and Brian began seeking treatment for his diagnosed PTSD. He was immediately **'out of the closet'** about his PTSD and made it a priority to inform both his officers and the public about the prevalence of PTSD in policing. This has included media interviews, taking part in panel presentations, and lecturing to college classes and policing groups.

Brian firmly believes that his family has been the key to his recovery and success and that the journey through trauma can be one of rediscovery and rebuilding.

PTSD needs to be dragged into the light, not hidden away in the shadows!

When: April 12, 2016

Two Sessions

15:00 to 17:00

19:00 to 21:00

Where: Caesars Windsor, Augustus III and IV

Who should attend:

Paramedics, police officers, firefighters, communicators, health care providers, correctional officers, administrators, municipal leaders &

SPOUSES AND PARTNERS OF THOSE ABOVE

To register visit www.countyofessex.on.ca/ewems

THIS EVENT IS FREE OF CHARGE TO THOSE REGISTERED.

Financial Support for this Speaker Series provided by:

- | | | |
|---------------------------------------|---------------------------|----------------------------|
| Essex Windsor EMS | Windsor Fire & Rescue | Tecumseh Fire & Rescue |
| Windsor Regional Hospital | Amherstburg Fire & Rescue | Kingsville Fire & Rescue |
| Leamington District Memorial Hospital | Lakeshore Fire & Rescue | Essex County OPP |
| Hotel Dieu Grace Health Care | LaSalle Fire & Rescue | Amherstburg Police |
| Windsor CACC | Leamington Fire & Rescue | Southwest Detention Centre |
| | | St Clair College |

