



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
Met Campus-1995 Lens Avenue, Windsor, N8W 1L9 / Ouellette Campus-1030 Ouellette Avenue, Windsor, N9A 1E1

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Make Your IT Idea A Reality At Hacking Health!

Got an idea for a health app or medical device? Want to join 250 creative American and Canadian professionals from the health and IT sectors in a weekend of inspiring and innovative cross-border collaboration?

WEtech Alliance, TechTown Detroit and the EPICentre are accepting registration for the 2nd annual Hacking Health Windsor Detroit, which takes place in the Anthony P. Toldo Health Education Centre at the University of Windsor, May 13-15, 2016.

WRH and other local health care partners are sponsoring the event that is an open invitation to health care professionals, information technology experts and others – everyone from doctors, nurses, allied health professionals, administrators, computer programmers, graphic designers, technology companies, students and investors. They'll come together over the course of a weekend to form teams that dream up, design and build mobile apps and IT solutions for the health care sector.

Last year more than 35 ideas were pitched and over \$30,000 in prizes were awarded. WRH's Kaitlyn Sheehan (Clinical Practice Manager, Cardiac Catheterization Lab, Cardiac Care Unit & Diagnostic Imaging) was one of last year's award winners for her idea for an app called "Stent Tracker." Named the Judges' Overall Favourite and the idea with the Highest Potential For Adoption, the web-based app would allow patients to store their cardiac stent information, manage their medication list, schedule reminders when to take their meds and provide education on heart health and coronary angioplasty.

"I had this idea and I didn't really know who to call, what to do with it, how to take it to the next level," Kaitlyn told the Windsor Star this month about the experience, where she arrived alone to pitch her idea but soon was able to partner with IT experts to help her develop the concept.

Last year's inaugural Hacking Health was held at TechTown and brought together over 250 participants who pitched more than 20 groundbreaking ideas.

To Register visit: www.hackinghealth.ca/city/hh-windsordetroit/

- All participants register individually, even if you are part of a team.
- You don't have to be part of a team to register nor do you have to have an idea formulated, you can show up and join a team at the event. Bring your skills and an open mind.

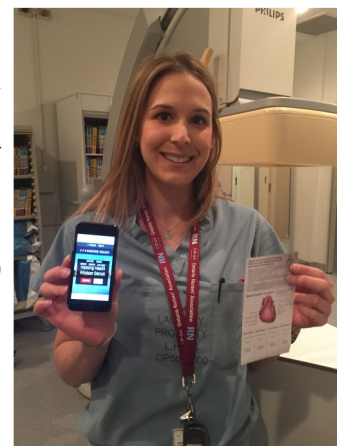


PHOTO ABOVE: Kaitlyn Sheehan, Clinical Practice Manager, Cardiac Catheterization Lab, Cardiac Care Unit & Diagnostic Imaging

WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

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@WRHospital

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
- APR 27** **KiliKlimb Film Presentation**
Time: 7:00pm
Lakeshore Cinemas
165 Commercial Blvd, Tecumseh
- 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



The vaccine viruses recommended by the World Health Organization for the 2016-2017 influenza season are the same as those recommended last September.



Nutrition Month

Think healthy eating is bland? No way! Healthy eating tastes great! Keep it interesting: get creative with cooking strategies, experiment with new foods and flavours and refresh your recipes.

The winner of the Cookbook was Carla DiFederico, congratulations Carla and happy cooking!

WEEK 4 READY-TO-USE TIPS

Perk up your menu with tantalizing recipes from Cookspiration. Sometimes your menu just needs a little inspiration. With recipes this good, you'll want to get cooking right now!

- Go Fish! For a quick dinner, make Fast Fish and Fresh Herb Packets.
- Bite into this super salad: Barley & Lentil Salad with Kale, Apples, Almonds and Feta.
- You'll love the leftovers from Cabbage and Peanut Butter Chicken Stir-Fry.
- They'll be asking for more! Double up on Vegetable Souvlaki with Feta Tzatziki.
- Dish up a divine dessert with Blueberry and Dark Chocolate Bread Pudding.
- Soups on! Serve up some Sweet Potato Soup with Lime.

Hello taste buds! Get ready to tingle! It's time to try something new.

- Want to try new foods but not sure where to start? These tasty ideas are sure to tempt you:
- Toss slivers of raw purple beets, green pears, feta and flax in a lemony vinaigrette for a salad that's bursting with colour and crunch.
- Squeeze lime juice onto grilled pineapple for a naturally sweet dessert.
- Make mushroom risotto with toasted barley and low-sodium broth, and then sprinkle with Parmesan for a flavour-filled side dish.
- Sauté apples in a little butter, dust with cinnamon and top with toasted oats, crumbled walnuts and creamy yogurt for a superb Sunday breakfast.

Instead of take out tonight, make your own quick and tasty meals. Relying on take out? Does your mealtime routine need reviving? Skip take out and bring back kitchen fun by switching up how you cook and serve supper.

- Cook create-it-yourself meals with your kids. Try a family taco, fajita, salad bar. With everyone helping, meal prep is easy.
- Make your own pizzas in minutes. Top whole grain flat breads with tomato sauce, flavourful cheese and leftover roasted veggies. Yum!
- Sandwiches for supper? Sure! Use whole grain buns, hummus or leftover roasted chicken or beef and a slice of cheese and then pile on the veggies.

Spice is nice! New flavour combos can kick up the taste in your usual fare. Give new life to a favourite food! Experiment with these mouth-watering flavour boosters:

- Red pepper flakes deliver delicious heat to lightly sautéed fresh or frozen greens.
- Grainy mustard and lemon adds tangy freshness to fish, like cod.
- A dash of nutmeg is neat on carrots, butternut squash and parsnips.
- Curry livens up lentil soup and makes a tofu-and-veggie stir-fry sizzle.
- Cinnamon pairs sweetly with apples, pears and sweet potatoes.

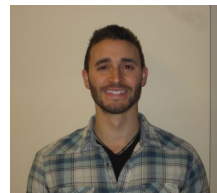
INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Nicole Copploe
OFFICE ASSISTANT
VOLUNTEER SERVICES



Breanne Livingston
PHARMACIST
WE CARE PHARMACY



Jonathan Papia
REHAB ASSISTANT
PHYSIOTHERAPY



Shyla Williams
GIFT SHOP ASSISTANT
VOLUNTEER SERVICES

Say Cheese!

Thanks to everyone who has shown support in getting their picture taken in front of the #WEareready banner that has been up on the Mezzanine at Ouellette this month! You all know more than anyone how important it is to move forward with the Windsor-Essex Hospital System project that includes a new acute care hospital. If you haven't had a chance, please snap a selfie and share your support with friends on social media soon. The banner will remain at the Ouellette Campus for another two weeks and we will be moving to the Met Campus after April 13.

#WEareready



PHOTO ABOVE:
Dr. Gary Ing, Chief of Staff, Windsor Regional Hospital

NATIONAL HEALTH ETHICS WEEK APRIL 4 - 11, 2016

National Health Ethics Week (April 4th to 11th, 2016) is a time set aside for health and educational institutions, ethics committees, health care professionals, community organizations, businesses and members of the general public, to raise awareness of ethics issues related to health and health care across Canada.

The Windsor Regional Hospital (WRH) Ethics committee acts as an advisory committee on matters related to hospital ethics and to promote awareness and education regarding ethical decision making. The committee advises on policies and procedures with ethical implications for patient care within the Corporation.

The mandate of the Research Ethics Board (REB) is to safeguard the rights, safety and well-being of all research participants in the hospital. The REB reviews, approves and maintains continuing oversight of the conduct of a research project. Research must meet ethical and scientific standards.

To promote participation in National Ethics Week, a 'lunch and learn' will be held and there is an opportunity for all staff to participate in a quiz on the subject of Ethics. Visit the WRH website for more information and an opportunity to win a Chapters Gift Card.

For information about conducting research at WRH, you may call the Research Ethics Board Office at 519-254-5577 Ext: 52278.



Vendors On Display This Week! March 28 - April 1, 2016

* Please note: Vendors subject to change

MET CAMPUS

31 Fashions
Leamington Medical Supplies
Connect Hearing
Just Jewellery

OUELLETTE CAMPUS

Cardinal Place
Windsor Spine & Sports Therapy
Envy Boutique
Barbs Healthcare Apparel

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

Windsor Regional Hospital

Fogolar Furlan Club



www.wrhone.ca

www.fogolar.com

SPONSORED BY:

LiUNA!625



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

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

April 6, 2016
May 4, 2016
June 1, 2016

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

 Cancer Program
WINDSOR REGIONAL HOSPITAL
OUTSTANDING CARE - NO EXCEPTIONS

Health & Wellness Fair 2016

Ouellette Campus Vendor Kiosk: April 12, 11am-2pm

Met Campus Auditorium: April 19, 11am-2pm

WRH's Health and Wellness fair is all about YOU!

Meet your WRH fitness class instructors

See what's going on in the community

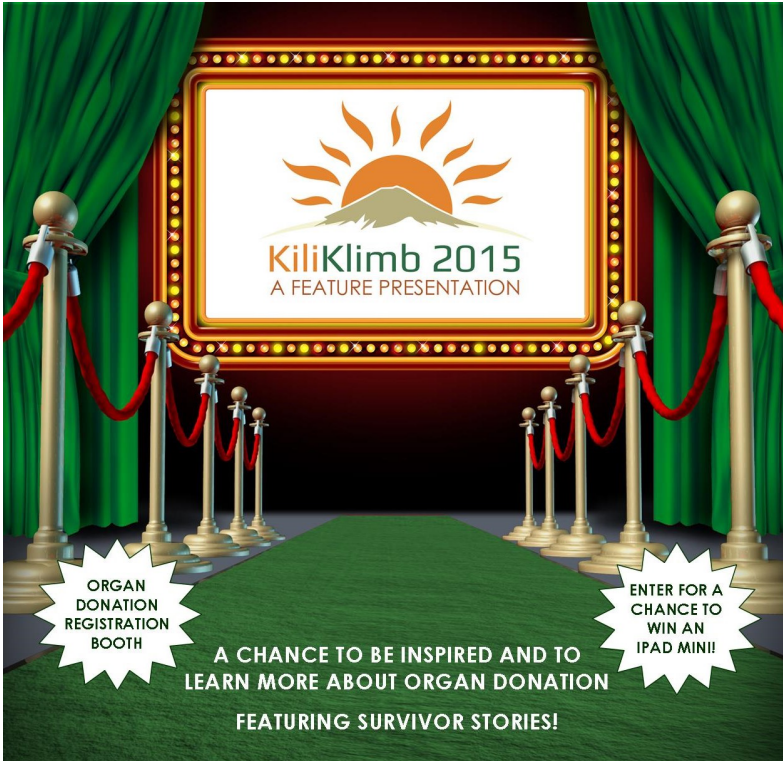
Learn how to cook healthier

Special Spa Services to be provided by 

Plenty of Vendor **prizes and information!**



Get your passport signed by all the vendors for your chance to win an iPod Shuffle, or iPod Touch, or Sony Home Audio System, or Breville Café Venezia Espresso Machine!!!



ORGAN DONATION REGISTRATION BOOTH

ENTER FOR A CHANCE TO WIN AN IPAD MINI!

A CHANCE TO BE INSPIRED AND TO LEARN MORE ABOUT ORGAN DONATION

FEATURING SURVIVOR STORIES!

WEDNESDAY, APRIL 27
DOORS OPEN: 6:30PM / SHOWTIME: 7:00PM

LAKESHORE CINEMAS

164 COMMERCIAL BLVD, TECUMSEH

For more information or to purchase tickets, please visit the Public Affairs office at Met or Ouellette Campuses or call 519-973-4433 (Ouellette) 519-985-2656 (Met) www.wrh.on.ca



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 Regional Hospital

Leamington District Memorial Hospital

Hotel Dieu Grace Health Care

Windsor CACC

Windsor Fire & Rescue

Amherstburg Fire & Rescue

Lakeshore Fire & Rescue

LaSalle Fire & Rescue

Leamington Fire & Rescue

Tecumseh Fire & Rescue

Kingsville Fire & Rescue

Essex County OPP

Amherstburg Police

Southwest Detention Centre

St Clair College

