



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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WRH Celebrates the Success of the 2015/2016 Family Giving Campaign

To Windsor Regional Hospital Staff, Hospital Board Members, Professional Medical Staff, Foundation Board Members and Volunteers who saw the importance to give back to help their own hospital, we say, thank you for supporting the 2015 Family "Giving Starts From Within" Campaign.

Because of you, a total of \$100,000.11 was raised! Celebration Day was held on March 23 with a Disney theme that included Mickey Mouse himself greeting donors as they were invited to fresh homemade pretzels and refreshments.

We thank SOPs Dayna Roberts who agreed to Chair the Family Giving Campaign, and to all who donated and had the opportunity to win one of the 25 prizes offered as a result of making a donation.

Since 2008, the Family Giving Campaign, through your generosity, has raised over \$600,000. Thank you to all who saw the importance to give which supports each and every one of us in our daily work at Windsor Regional Hospital.

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 15** **Critical Care/Pulmonary Update**
Time: 1:30pm - 5:30pm
Met Campus, Auditorium
- 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



Transmission of meningococcal disease may occur after intensive, direct contact where the patient's respiratory secretions contaminate the oral/nasal mucous membranes of the healthcare worker. Mask and face protection prevents this.

Healthy Eating Tips

Nutrition month has been a big success and we hope you continue to make small healthy changes everyday! We want to extend a big thank you to Abbot Nutrition and Gordon Food Service for their time and healthy snack donations. Lack of time, eating out, holidays, stress? We all have challenges that can sidetrack our healthy eating plans. Here are some strategies to help your small changes stick.

WEEK 5 READY-TO-USE TIPS

Planning how you'll manage healthy-eating roadblocks before they happen is key to success. Setbacks on a journey to healthier habits are a normal part of making changes. Knowing what some of your challenges are can help you be ready to deal with them. Get ready with a plan to manage detours:

- Think about what might get in your way of healthy eating.
- Brainstorm solutions to get around roadblocks.
- Put supportive strategies in place. Recruit family and friends to help on your path to a healthy you.

A slip in healthy eating habits is a learning opportunity. When it happens, review your plan, adjust as needed and get back on track. For help staying motivated, get eaTracker at: www.eatracker.ca

Stressed? Bored? Sad? Eating for reasons other than hunger can lead to mindless munching. Do you ever find yourself eating, even when you're not hungry? Do you eat when you are bored or distracted, like when watching TV? Do you eat to deal with stress or emotions? If so, you may be eating more than you think. If you're a mindless muncher, try putting these savvy strategies in place:

- Reduce boredom, sadness or stress by taking a brisk walk instead of nibbling.
- Eat mindfully. Don't eat distracted. Make mealtimes screen-free, eat away from your desk and don't snack while watching TV.

Menu minefield! Check restaurant nutrition info online to make better choices. Eating out healthy can be challenging when faced with big portions, too few vegetables, indulgent desserts and too much fat, sugar and salt. Make better choices with these tips:

- Choose small or half-portions or save part of a big entrée for another meal.
- Ask for extra veggies on your wrap, pizza or burger. Replace white rice or pasta side dishes with steamed veggies.
- Ask for dressings and sauces on the side and add just enough for flavour.
- Love dessert? Go mini or get one dessert and several forks so you can share the great taste.

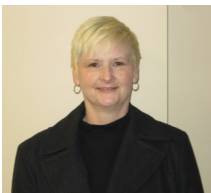
BONUS WEEK 5: DIETITIAN PRO TIPS

Check out these dietitian-designed strategies to help you address lifestyle challenges:

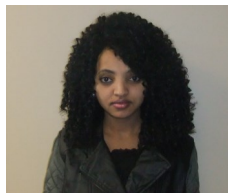
- Party time! Eat a snack before you go. You'll be less likely to overindulge when you arrive.
- Travelling? Pack healthy snacks so you don't have to buy food at the airport, train station or roadside stop.
- Bring your own snacks to meetings or conferences: pack fruit, veggies and small portions of trail mix so you can skip the treat table.
- Opt out of Friday fast-food lunches at work. Brown bag it, then walk'n'talk after you eat.
- Family feast? Eat slowly. Savour each bite. Stop when you're satisfied, not stuffed.
- Make the most of leftovers. Turn Tuesday's leftover lentil chili into Wednesday's vegetarian burritos.
- No time for breakfast? Make extra whole grain muffins, pancakes and waffles to freeze for a quick 'n' tasty breakfast on a busy weekday morning.

For more information go to: www.dietitians.ca

INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Kristel Baird
ISOTOPE TECHNICIAN
NUCLEAR MEDICINE



Erina Mesfin-Hadera
HELP DESK
VOLUNTEER SERVICES



Jaysil Tailor
DIETARY HELPER
GUEST SERVICES



Monica Mikhail
PAEDIATRICS
VOLUNTEER SERVICES

Birdies For A Cause!

The Windsor Regional Hospital Foundation thanks and recognizes a group of University of Windsor students, led by Natalie Ethier for organizing a fundraising event to benefit the Paediatric Child Life Services. Natalie, as a sports/human kinetics student, planned a badminton tournament with students, requesting donations of items and gift cards for young patients at Windsor Regional Hospital. The 'Birdies For A Cause' tournament was very successful and the items will be used in the Treasure Chest Program where young patients are rewarded by Child Life specialists for their courage through treatment.



PHOTO ABOVE (Left to right): Kayla Hillman; Kailey Fleming; Natalie Ethier; Nate Pietens; Lucas Stanhope; Kim Tonietto and Krisha Caronangan, University of Windsor students who assisted with the tournament..

BINGO CHARITY NIGHTS

April 22, 2016

When you play Bingo on Charity nights at Breakaway Gaming Centre on Crawford, mention you are with Windsor Regional Hospital. The Hospital will receive \$10 per person towards our fundraising efforts.

Please remember to mention you are with:



**Breakaway
Gaming Centre**
655 Crawford

COMPLIMENTARY
SOFT DRINK OR
COFFEE & FREE GIFT
TWO \$50 GIFT CARD
GIVEAWAYS



CHARITY #W939



Vendors On Display This Week!

April 4 - 8, 2016

* Please note: Vendors subject to change

MET CAMPUS

Walden University
Maxim Medical
Lories Glass

OUELLETTE CAMPUS

gApple Couture
Cardinal Place
Just Jewellery;
E& C Jewellers
Lories Glass



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
INCLUDES PIZZA BUFFET

PURCHASE 10 TICKETS TO RESERVE
A TABLE. PLEASE CALL
519-985-2656 OR 519-791-5240

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

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

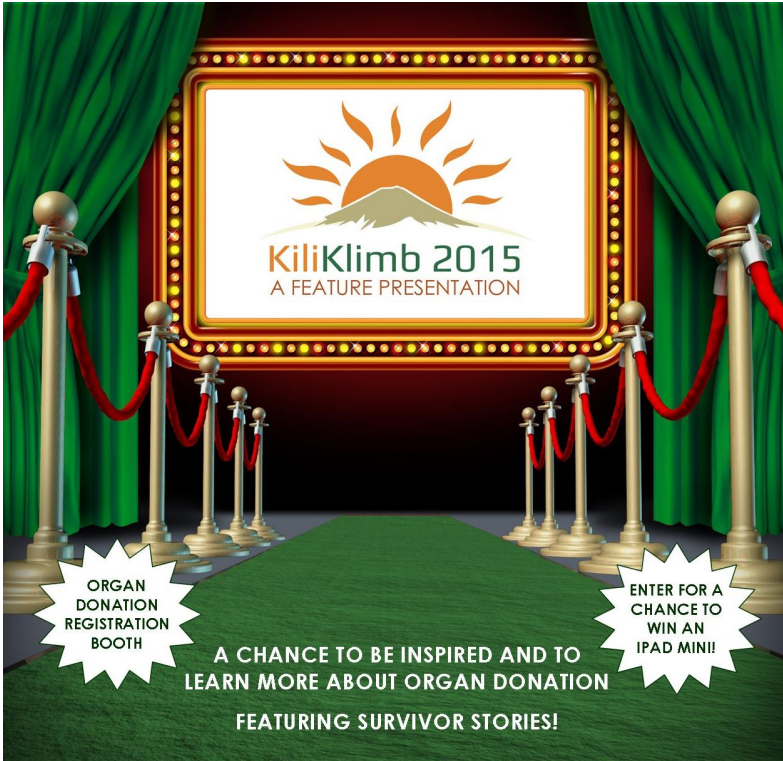
Learn how to cook healthier

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!!!



KiliKlimb 2015
A FEATURE PRESENTATION

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

