



FRONTLINE TRIBUNE

MAY 9, 2016

VOLUME 4 / EDITION 19



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

IN THIS WEEK'S ISSUE

Kangaroo Care-A-Thon Nurtures Preemies!

- 1** • KANGAROO CARE-A-THON NURTURES PREEMIES!
- 2** • LOVE FOR LILLY
• ORGAN DONOR PROMOTION
• NEW FACES AT WRH
• SCHEDULE OF EVENTS
- 3** • HACKING HEALTH
• HEALTHY LIVING RECIPE
• WRH LAUNCHES VIDEO CONTEST
• WRH VENDORS THIS WEEK
- 4** • NURSING WEEK 2016
• WRH 50/50 DRAW
• ICELAND & NORWAY PROMOTION

Windsor Regional Hospital launched its 1st Annual Kangaroo Care-A-Thon on May 2, joining over 40 hospitals from around the world participating in the challenge. In partnership with the Canadian Premature Babies Foundation, WRH's Neonatal Intensive Care Unit and Family Birthing Centre began promoting kangaroo care or as it is known, skin-to-skin care, proven to be an integral part of the healthy care of newborn babies, especially premature infants.

Kangaroo Care or skin-to-skin care has proven to improve growth, reduce stress and crying, and assist to facilitate breastfeeding for both baby and mom. Dad too is encouraged to participate in Kangaroo care as it helps both baby and parents enhance their natural bond and strengthens short and long term parent-infant interactions.



PHOTO ABOVE:
Kourtney McVittie nurtures her twin newborns in the NICU.

Toronto's Sunnbrook Hospital Neonatal Intensive Care Unit is the international organizer of Kangaroo Care, mentoring hospitals like WRH to participate and attempt to beat last year's winners. They include Oregon's Salem Hospital who achieved 2.56 hours of holding baby per day and, Orillia, Ontario's Soldier's Memorial Hospital gaining 3.44 hours of hold per baby per day.

"Each family will receive an information letter, a Kangaroo sticker reminder at their bedside and log sheet to tally their kangaroo cuddle hours." said Heather Ryan, Clinical Practice Coordinator with the NICU. "Also, staff are wearing purple t-shirts to promote the challenge scheduling quiet time on the unit to assist with kangaroo care."

Windsor Regional Hospital's Kangaroo Care-A-Thon runs from May 2 to May 15th, the actual Kangaroo Care Awareness Day!

WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

To contribute a news tip, story or advertisement in the next issue, please email us at:
frontlinetribune@wrh.on.ca

Ron Foster, Editor
ron.foster@wrh.on.ca
519-254-5577 ext. 52003

Gisele Seguin
gisele.seguin@wrh.on.ca
519-254-5577 ext. 52008

Steve Erwin
steve.erwin@wrh.on.ca
519-254-5577 ext. 33350

David Lenz
david.lenz@wrh.on.ca
519-254-5577 ext. 32539



[facebook.com/windsorregionalhospital](https://www.facebook.com/windsorregionalhospital)



@WRHospital

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



UPCOMING EVENTS

- 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
- MAY 15** **Hacking Health**
Toldo Health Education Centre
University of Windsor
- 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 Rd. E
- JUN 22** **A Day For A Life Golf Tournament**
Time: 10:00am
Kingsville Golf & Country Club
- 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 Matthew Brady Avenue



Anywhere from 100-1 million colony forming units are present on intact areas of skin. Nearly 1 million skin cells containing these bacteria are shed daily from normal skin.

Love For Lily

Staff from the Met Campus MDRD (Medical Device Reprocessing Department) wanted to do something special as a random act of kindness on behalf of co-worker, Jessica Boudreau.

Having endured the loss of her seven month old niece, Lily Danielle Parisien last year, MDRD management and staff took up a collection and each purchased items for Paediatric Child Life Services. Items that the department required included coloring books, stickers, reading material and more, that help to provide comfort and reduce anxiety that children experience while in the hospital.



PHOTO ABOVE: MDRD Met Campus staff (l to r) include: Judith Tomas; Lucy Coulombe, Gail Varcoe, Rhonda Levac, Alexis Frohman, Jeff Myers, Leslie Belowus, Sandra Hirota (Child Life), Jenny Staddon, Jessica Boudreau, Stephanie Leclair, Andrea Moser, Krystina Menard, Carrie Teale and Sue Doyle. Staff not present at time of photo however, supported the initiative include, Liz Sim; Trasi Caza, Mila Nerizon-Andot, Gale Holly, Wendy Douglas, Carrie Breault, Chris Robinet, Jhonavie Sagullo, Wendy Draskovich, Lucy Imola, Tammy Truscott, and Michelle Pillon (who provided lady bug cake). Thanks to all for 'paying it forward'!

TREVOR SAVED THREE LIVES. WILL YOU?

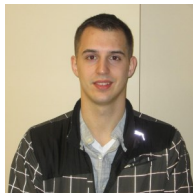


Ontario's Organ and Tissue Donation Agency

beadonor.ca

www.facebook.com/trevor.funkenhauser

INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



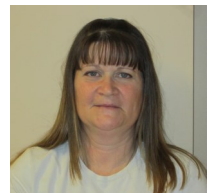
Philip Tower
RPN
7 WEST



Sridenvi Kanneganti
PHYSIOTHERAPIST
PHYSIOTHERAPY



Aaron Marentette
SUMMER STUDENT SUPERVISOR
GUEST SERVICES



Susan Meunier
PHARMACY TECHNICIAN
PHARMACY

Barley Risotto With Brussel Sprouts And Apples

Makes 4 servings
Preparation: 20 min
Cooking Time: 60 min

INGREDIENTS

- 1 lb brussels sprouts, quartered
- 1 granny smith or honeycrisp apple, peeled and diced
- 1 tsp smoked paprika
- 1 tsp salt
- 5 cups vegetable broth
- 1 cup water
- 1 medium onion, diced
- 1 cup barley
- 2 tbsp champagne honey mustard
- ¼ cup parmesan cheese
- salt and black pepper, to taste



METHOD

Preheat oven to 400. Toss brussels sprouts and apple with smoked paprika and salt. Spread on a baking pan. Spray with cooking spray and roast for 20-30 minutes, until caramelized and tender. In the meanwhile, combine the broth and water in a medium pot and bring to a simmer. Spray a large skillet with cooking spray, heating over medium heat. Add the onion to the pan and cook, stirring, until translucent, about 3 minutes. Add the barley and stir for 1 minute. Add the broth to the pan in half cup increments, only adding more when the last batch has almost entirely evaporated, taking care to stir constantly. Do this until most of the broth is gone and the barley is tender, about 40 minutes. Stir in the brussels sprouts and apple. Remove from heat and stir in the mustard and parmesan cheese. Season with salt and pepper to taste. Serve warm.

Source: www.joanne-eatwellwithothers.com

NUTRIENTS Per Serving :

Calories: 383; Protein: 14g; Total Fat: 5 g; Carbohydrates: 72g; Sodium 550 mg



<+> HACKING HEALTH

WINDSOR + DETROIT II

MAY 13-15 2016

WINDSOR DETROIT

UNIVERSITY OF WINDSOR TOLDO HEALTH EDUCATION CENTRE

WANTED:

DESIGNERS	TRANSFORM EVERYDAY HEALTHCARE CHALLENGES INTO REAL SOLUTIONS
DEVELOPERS	CONNECT TO CREATE HOLISTIC SOLUTIONS WITH PATIENTS, NOT JUST FOR PATIENTS
HEALTHCARE PRACTITIONERS	CONTRIBUTE TO IMPACTFUL HEALTHCARE CHALLENGES AND IMPROVE THE EXPERIENCE
COACHES & MENTORS	OFFER YOUR IDEAS AND CONCEPTS TO HELP CATALYZE INNOVATION IN HEALTHCARE

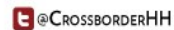
Hacking Health Windsor-Detroit breaks down barriers to healthcare innovation by bringing together IT and healthcare professionals across the US-Canada border to collaborate, dream up & design apps for patient-centric care.

Building on the success of the first ever cross-border Hacking Health held at TechTown Detroit last year, Hacking Health Windsor-Detroit II will be crossing the border into Windsor and we want you to join us!

REGISTER TODAY!

HHWinDet.Eventbrite.ca

FREE CODE FOR STAFF: WRHHH2016



WRH Launches 2x4 Campaign Video Contest

The video contest is open to all staff (employees, volunteers, professional staff and affiliates).

Entries will be accepted from groups or individuals.

Visit the 2x4 (Intranet Homepage) for an instructional video!

The subject of the video must be WRH's 2x4 Campaign which highlights – 2 Client Identifier and the 4 Moments of Hand Hygiene. The winning video will be posted to the Hospital website. Please ensure that appropriate consent has been obtained for all those appearing in the video. Videos should be no more than two minutes long.

Send your video by Monday, May 30, to paula.pesce@wrh.on.ca or drop of a memory stick with your name and contact information to the Public Affairs office at either Met or Ouellette Campus.

The winning team or individual will win a \$100 gift certificate to Ted Farron's Gourmet Butcher Shop.

Good luck to everyone!!!!



Vendors On Display This Week!

May 9 - 13, 2016

* Please note: Vendors subject to change

MET CAMPUS

Debs Designs, Adrians kids clothing, Lories Glass, Barbs Healthcare, Kensington Court

OUELLETTE CAMPUS

Barbs Healthcare, Allstate Insurance; Connect Hearing, Debs Designs, Leamington Medical Supply, Lories Glass

50/50 RAFFLE

Employees are invited to take their chance – have \$5 per pay (per chance) deducted from their pay cheque and have an opportunity to win cash in a 50/50 Draw. The amount of the prize will vary each pay and is half of the pool of money contributed by employees. Draws will be held bi-weekly and the names of winners will be posted to the Windsor Regional Hospital website.

All funds raised will support WRH equipment purchases.

Employees who complete the form will be entered into the draw for the next pay. The names of winners are posted regularly to the Hospital's website. Please allow 45 days for posting. Winners will be notified by Foundation Office staff and monies will then be deposited to the employee's account.

For more information regarding the 50/50 draw please contact:

Brandon Osborne

519-254-5577 ext. 52449 Email: Brandon_Osborne@wrh.on.ca



YOU ARE INVITED



A QUALITY - 11 DAY
CUSTOM DESIGNED & ESCORTED TOUR

ICELAND and NORWAY and the NORWEGIAN COASTAL CRUISE (HURTIGRUTEN)

Departing September 24, 2016

TICO 50015768

ACCOMMODATIONS	RATES	WRHF SPECIAL RATES
Upper Deck (5) Stateroom	\$ 4,395	\$ 4,195
Center Deck (3) Stateroom	\$ 4,315	\$ 4,115
Lower Deck (2) Stateroom	\$ 4,310	\$ 4,110

Price includes all airfares from Toronto, sight seeing tours and all meals.



Make your deposit of \$200 per person NOW. Final payments are due July 15, 2016. Taxes included. Port charges are included. All rates are in U.S. dollars.

Southland Travel

23 Talbot Street North, Essex, Ontario, N8M 1A5

Phone: 519-776-9336 / 519-776-6928 / www.southlandtravel.ca

ABOVE AND BEYOND...
EVERY STEP OF THE WAY.



At Windsor Regional Hospital, our nurses are often recognized for going "Above and Beyond" to provide compassionate care...every step of the way.

Please join us and thank a nurse this week!



COMPASSION is our
PASSION

www.wrh.on.ca