



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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Show Your Spirit This Canada D'eh With A 5K Run

WRH employees and family members are eligible to get a discounted race rate, 2 T-shirts, medal and tons of fun!



Windsor Regional Hospital's Healthy Lifestyles Committee invites you to join them on Friday, July 1, 2016 for the annual Canada D'Eh 5K run/walk in Amherstburg, Ontario.

Windsor Regional Hospital is offering employees a discounted rate to the first 200 participants to register online at <http://runningflat.com/>. Select the Canada D'Eh link and use the promo code WRH2016 to receive \$5 off the entry fee.

In addition, the first 200 people to submit proof of registration by June 10 will receive a "Building on our Strength - the New Windsor Essex Hospitals System" T-shirt. Send your proof of registration along with your shirt size to Melissa.simas@wrh.on.ca by June 10th to qualify.

Wear your shirt in the run and show your support for the new hospital system.

The start/finish line for the event is right outside the main gates of Historic Fort Malden, a Parks Canada site. The course proceeds up Laird, around Tody Jones Park and down Dalhousie and back. It is mostly waterfront, flat, fast and definitely historic.

In addition, all finishers get an amazing Canada D'Eh Run Maple Leaf inspired Finishers Medal along with Canada D'Eh Maple Leaf inspired shirt.

That is 2 shirts, one medal with Canadian Great Wayne Gretzky, and a whole lot of fun.

It will be Canadatastic! Hope to see you there.



CANADA DAY CELEBRATION



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



@WRHospital

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



UPCOMING EVENTS

- MAY 30** **CIBPA Charity Golf Classic**
Time: 10:00am
Pointe West Golf Club
200 Golfwood Drive, Amherstburg
- MAY 31** **New Hospital Town Hall Meeting**
Time: 7:00pm
Ahmaddiyya Muslim Community Ctr.
1957 Head Street, Windsor
- JUN 08** **National Bank Baseball Fundraiser**
Time: 12:00pm - 3:00pm
Walkerville Brewery
525 Argyle Road, 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



On the 29th of March, the International Health Regulations (2005) Emergency Committee and the WHO Director General declared the end of the Public Health Emergency of International Concern regarding the Ebola virus disease outbreak in West Africa.

June Is Stroke Awareness Month

June provides an opportunity for the community to take note of the warning signs and symptoms of stroke and TIAs, and an opportunity for clinicians to reflect on the progress we're making in treating stroke patients.

"More Ontarians are surviving a stroke and are receiving the rehabilitation services they need to achieve optimal recovery," said Cardiac Care Network (CCN), Stroke Services Executive Director Chris O'Callaghan.

Still, approximately one-in-three Ontarians will develop stroke, dementia or both, and the incidence for each increases the risk of the other. Vascular cognitive impairment affects up to 60 per cent of stroke survivors and is associated with poorer recovery and decreased ability to function.

O'Callaghan said that CCN will continue its collaboration with Ontario's 11 Regional StrokeNetworks to align operating plans, education, knowledge translation approaches and implementation strategies to advance access to best practices and improve outcomes. Windsor Regional Hospital's Ouellette Campus hosts one of 18 District Stroke Centres in the province.

There are a number of opportunities to take part in Stroke Month, including some events this week:

On Wednesday, June 1st, from 8 am to 9 am, a Provincial Stroke Rounds Videoconference titled "Endovascular Therapy in Ontario: the five W's" by Dr. Grant Stotts will be held. You can view the video conference at the Harrow Room, Ouellette Campus, or Administration Conference Room 1, Met Campus.

On Friday, June 3rd, you can ride the Heart and Stroke "Big Bike" at the Bull & Barrel, just down the street from Ouellette Campus. There are WRH teams riding at 6 pm and 7:30 pm. For more information, click on the "Compassion for Community" link on the left-hand side of the WRH Internet home page.

Also, on June 8th, from 3 pm to 6 pm, the March of Dimes is hosting a Windsor Stroke Survivor Support Group Open House at Kensington Court, 1953 Cabana Rd. W., Windsor.

OUR BOTTOM LINE: SOCIAL IMPACTS



INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Chris Dufour
RPN
8 EAST



Kelsey Policella
HEALTH RECORDS CLERK
HEALTH RECORDS



Chris Pangilinan
RPN
SURGICAL PROGRAM



Spencer Cussan
VOLUNTEER
FRACTURE / OUPATIENT



Lentil Curry with Squash & Cashews

Makes 6 servings (1 ½ cups is a serving)

Preparation: 25 min

Cooking Time: 240 min

INGREDIENTS

- 2 Tbsp canola oil
- 1 cup diced onion
- 2 garlic cloves, minced
- 1 Tbsp curry powder
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp red pepper flakes
- 1 Tbsp ginger root, peeled and grated
- 1 can (14 oz) coconut milk
- 2 cups butternut squash, cut into 1 inch (2.5 cm) cubes
- 1 1/2 cup white potato, cut into 1 inch (2.5 cm) cubes
- 1 cup canned diced tomatoes
- 1 cup vegetable stock, or water
- 1 cup green lentils
- 1 Tbsp honey
- 1 tsp sea salt
- 3 cups fresh spinach or baby kale
- 1/4 cup fresh cilantro, chopped
- 1/2 cup cashews
- 1/4 cup plain yogurt



METHOD

HEAT a large skillet over medium high heat. Add canola oil and let it warm for 30 seconds. Add onions and cook until translucent, about 5 minutes. Stir in garlic, curry, cumin, coriander, and red pepper flakes and cook for 2 more minutes. Stir in ginger and coconut milk, and scrape up any bits from the bottom of the skillet. Bring to a boil, then reduce heat and simmer 3 minutes. POUR this mixture into a slow cooker. Add in squash, potatoes, diced tomatoes, and vegetable stock. Stir in lentils, honey, and sea salt. Cook on low for 6-7 hours or high for 3-4 hours. STIR in the fresh spinach or kale, and cilantro. Cover and cook on high for 5 minutes. SPOON into bowls. Top with cashews and a dollop of plain yogurt.

Source: Dietitians of Canada, Cookspiration website: www.cookspiration.com

NUTRIENTS Per Serving :

Calories: 440; Protein: 14g; Total Fat: 25 g; Carbohydrates: 48g; Sodium 450 mg

May Is Sexual Assault Awareness Month

At Windsor Regional Hospital, the Sexual Assault/Domestic Violence Treatment and SafeKids Program provides victims with assistance. If a victim/survivor chooses to not file a report with police, they can still accept support and counselling by contacting 519-255-2234.

In 2015, Windsor Police Services report receiving up to 159 complaints of sexual assault from residents. Approximately 70% of incidents, the victim and the offender knew each other. During the month of May, Windsor Police Services is assisting to raise awareness of the crime in order to support victims and survivors. Sexual assault is any unwanted, non-consensual sexual touching. There are other venues to assist a victim!

They can contact 519-255-6111 to have a police officer attend to complete an initial report. Specifically trained Sexual Assault Detectives will follow-up with each victim.

Victims can attend Windsor Police Services Headquarters between hours of 7:00 am to 7:00 pm to speak to an officer.

Victims or citizens who suspect violence can make an anonymous call to Windsor Police Services at 519-255-6700 Ext.4000.

For reports about sexual violence against children, contact Windsor Police Services or the Children's Aid Society at 519-252-1171. Agencies available to assist include, Hiatus House, Victim Assistance Unit, Welcome Centre Shelter for Women, Victim Services of Windsor/Essex and the Sexual Assault Crisis Centre.

Respect

everyone

deserves it

WRH respects our patients, visitors, employees, professional staff, and volunteers.

**Threats
Bullying
Intimidation
Harassment
Violence**

**Are considered unacceptable behavior and
*will not be tolerated.***

For concerns please contact your Manager, Human Resources (x52512), or Risk Manager (x52510).

For details check wrhcreatingasafeworkplace.ca



**COMPASSION is our
PASSION**



On Display May 30 - June 3, 2016

* Please note: Vendors subject to change

MET CAMPUS

Nili Jewellery, Sunlife

OUELLETTE CAMPUS

Coconut Oil of Canada, Nili Jewellery, Kensington Court, Just Jewellery

A DAY FOR A LIFE CHARITY GOLF TOURNAMENT



HONOURING THE MEMORY OF
**TREVOR LOUIS
FUNKENHAUSER**

**WEDNESDAY
JUNE 22, 2016**

**KINGSVILLE GOLF & COUNTRY CLUB
REGISTRATION: 10:00AM
PLEASE COME EARLY FOR BREAKFAST OR LUNCH**

PROCEEDS RAISED FROM THIS TOURNAMENT WILL CONTINUE TO SUPPORT AWARENESS CAMPAIGNS TO INCREASE THE NUMBER OF REGISTERED ORGAN AND TISSUE DONORS AND MAINTENANCE OF THE WINDSOR REGIONAL HOSPITAL ICU AREA AND WAITING ROOM

For sponsorship or to register, please contact:

Gunther: 519-966-6241 / Eric: 519-819-1491
Jason: 519-996-6712 / Fallon: 519-995-3198

By email to: kingsvillefoods@yahoo.ca or pfunkenhauser@yahoo.ca

www.facebook.com/trevor.funkenhauser

KNOW YOUR PARAMEDIC

911

Join Essex-Windsor EMS in the

#KnowYour911 Campaign

Visit knowyour911.ca for more information
and for your chance to win an iPad mini.



(proudly host)

CANADA DAY at ADVENTURE BAY

Friday, July 1, 2016
10AM to 8PM



Discounted Admission
\$12 Adults * \$7 Children under 12
\$2 from each Admission donated to support
We Care For Kids (Windsor, ON)
Join us for a Citizenship Ceremony as we
welcome our new Canadians.
For details visit www.adventurebay.ca

Ceremony at 9AM



Adventure Bay Family Water Park Presented by wfcu Credit Union
401 Pitt Street West * Windsor, ON
519-974-2782 (AQUA) * www.adventurebay.ca * #AdBay

BUILDING ON OUR STRENGTHS

THE WINDSOR-ESSEX HOSPITALS SYSTEM IS WITHIN REACH

TOWN HALL MEETING TO DISCUSS THE NEW HOSPITALS SYSTEM

The Ahmadiyya Muslim Community of Windsor is hosting
a Public Community Town Hall Meeting to discuss
the proposed Windsor-Essex Hospital System.

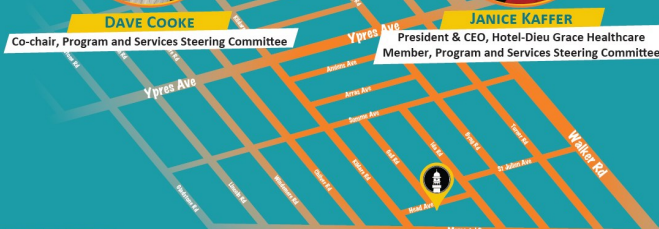
All are welcome to attend.



DAVE COOKE
Co-chair, Program and Services Steering Committee



JANICE KAFFER
President & CEO, Hotel-Dieu Grace Healthcare
Member, Program and Services Steering Committee



TUESDAY, MAY 31, 2016 at 7:00PM



**AHMADIYYA
MUSLIM JAM'AT**
Windsor

Ahmadiyya Muslim Community Centre
1957 Head St., Windsor

www.windsorhospitals.ca