



FRONTLINE TRIBUNE

JUNE 13, 2016

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COMPASSION is our
PASSION

WINDSOR
REGIONAL
HOSPITAL
OUTSTANDING CARE - NO EXCEPTIONS!

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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Code Orange Tests For Emergency Preparedness

Windsor Regional Hospital conducted Code Orange Disaster Drills at both the Ouellette and Metropolitan campuses last week.

The Code Orange Drill is part of the annual Regional Emergency Exercise undertaken by the County of Essex and the Emergency Service Providers within the City of Windsor and the County of Essex.

The focus of this year's exercise was around the possibility of a nuclear related incident. Staff tested equipment and protocols that would be put into action in the event of potential radiation exposure.

Thanks to all staff and physicians who participated as well as our partners at EMS and our volunteer student "patients" from St. Clair College.



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

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UPCOMING EVENTS

JUN
18

Dragon Boat Pasta Fundraiser
Time: 6:00pm
Riverside Sportmen's Club
10835 Riverside Drive, Windsor

JUN
22

A Day For A Life Golf Tournament
Time: 10:00am
Kingsville Golf & Country Club

JUN
25

Drive 4UR Community
Time: 9:00am - 2:00pm
Ken Knapp Ford
390 Talbot Street North, Essex

JUN
30

Dragon Boat Bake Sale
Teets-Ahoy Dragon Boat Team
Vendor Hallway, Met Campus

JUL
01

Canada D'eh 5K Run
Time: 9:00am
Fort Malden Historic Site
100 Laird Avenue, Amherstburg

JUL
01

Canada Day At Adventure Bay
Time: 10:00am - 8:00pm
Adventure Bay
401 Pitt Street West

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



Antibiotic Stewardship is defined as coordinated efforts to improve and measure the appropriate use of antibiotics by choosing the optimal treatment – which includes dose, how long, and what route (e.g. oral vs. IV).

On A Roll With Big Bike

Dozens of WRH staff and friends hopped aboard the Big Bike in support of the Heart and Stroke Foundation!

The June 3rd event featured teams led by district stroke, cardiac cath lab and security personnel. The annual ride on the oversized bikes is a fun event, coordinated with teams from across Windsor and Essex County from downtown Windsor's Bull 'n Barrel, in support of research, public education and advocacy efforts.

Nearly \$7000 was raised! Thank you to all of those who donated and pledged support for your colleagues.

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



Photo Above:
WRH Heart Team



Photo Above:
WRH Security Team



Photo Above:
WRH Stroke Team



**TREVOR SAVED
THREE LIVES.
WILL YOU?**



beadonor.ca

www.facebook.com/trevor.funkenhauser

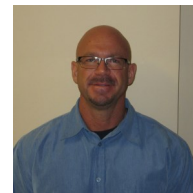
INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Kassandra Armstrong
RESPIRATORY THERAPIST
CARDIO PULMONARY SERVICES



Emily Birkner
REGISTERED NURSE
SURGERY



Wayne Dibley
REGISTERED NURSE
MEDICINE



Miranda Mazza
REGISTERED NURSE
SURGICAL PROGRAM



Raffi
AUTO GROUP
(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



Do Good Divas Continue To Do Good!



The Windsor Regional Hospital Foundation is grateful for the ongoing support of the Do Good Divas. To date, they have provided **\$230,000** in support at both campuses to Windsor Regional Hospital.

On June 15th, they will launch this year's Handbag for Healthcare campaign. Staff, friends and supporters are invited to donate new and gently used purses in support of their campaign.

Purses can be dropped off at the Public Affairs/ Foundation offices at either the Met or Ouellette Campus. Stay tuned for more great news from the Diva and Diva Dudes!



Honey Grilled Salmon & Asparagus

Makes 4 servings

Preparation: 5 min

Cooking Time: 15 min



INGREDIENTS

- 1 tbsp sodium reduced soy sauce
- 2 tsp canola oil
- 2 tsp liquid honey
- 2 tsp packed brown sugar
- 1 tsp chopped fresh thyme or 2 mL (1/2 tsp) dried thyme leaves
- 1/2 tsp fresh ground pepper
- 4 salmon fillets, about 150 g/5 oz each
- 1 bunch fresh asparagus, trimmed
- 1/2 fresh lemon

METHOD

In a small bowl, stir together soy sauce, oil, honey, sugar, thyme and pepper. Place salmon in a shallow dish. Pour marinade over top of salmon, spreading evenly. Cover and refrigerate for 15 to 30 minutes, turning once if possible. Lightly spray asparagus with cooking spray and place on preheated and oiled grill on medium high heat. Grill, turning a couple of times until tender crisp. Add salmon fillets and grill for 5 minutes. Discard marinade. Turn salmon over and grill for about 5 minutes longer or until fish flakes easily when tested*. Serve with asparagus. Squeeze lemon over asparagus just prior to serving. * Use a digital food thermometer to check that salmon has reached an internal temperature of 70°C (158°F).

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

NUTRIENTS Per Serving:

Calories: 302; Protein: 28g; Total Fat: 17 g; Carbohydrates: 7g;
Sodium 188 mg



On Display June 14 - 17, 2016

* Please note: Vendors subject to change

MET CAMPUS

Just Jewellery, Express Uniforms,
Coconut Oil of Canada

OUELLETTE CAMPUS

Lories Glass, Express Uniforms,
Funky Living

GUEST TRAYS

Would you like to have a meal with your friend or family member staying at the hospital?

Guest trays are available for purchase so that you can enjoy a meal together.

Each Guest Tray meal consists of:

One Entrée • One Beverage • Three Sides (potato, vegetable, soup and dessert)

Cost of \$8.00, all taxes included

Once you have purchased a voucher, Guest Trays can be ordered during patient food service hours from 7:00am – 6:00pm by dialing 4FOOD (43663) within the hospital, or 519-254-5577, press 4, outside the hospital.

GUEST TRAYS VOUCHERS AVAILABLE AT:

OUELLETTE CAMPUS

Tim Hortons' Kiosk,
Cashiers Office & Gift Shop

MET CAMPUS

Tim Hortons' Kiosk,
Cashiers Office & Gift Shop

If you have any questions,
please call Food & Nutrition
at **519-254-5577 ext.52031**



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www.wrhone.ca



WINDSOR REGIONAL HOSPITAL SPECIAL

	JUNE 28 - JULY 1
HUT OR DESERT ROOM	\$159
NOMAD ROOM	\$179
AFRICAN QUEEN SUITE	\$299
COMBINATION SUITE	\$349

Join us at Kalahari Waterpark Resort in Sandusky, Ohio for a special family getaway weekend! All standard reservations include waterpark passes for each registered guest. Start your registration by calling 877.525.2427 and mention Booking Code 23650.

ALL GUESTS RESPONSIBLE FOR ALL APPLICABLE TAXES. RESORT FEE \$14.99 PER ROOM. BASED ON AVAILABILITY ON THE 2015 DATES LISTED ABOVE.



KALAHARIRESORTS.COM / 1-877-KALAHARI / SANDUSKY, OHIO
LOCATED ON RT. 250, JUST NORTH OF I-80, EXIT 118

Canada's Wonderland



Exclusive Ticket Offer!

Tickets starting at \$36.99+HST

To purchase tickets & print from home:

www.canadaswonderland.com

and enter the following promo code
in the space provided in the top right
hand corner:

WRH2016

case sensitive

PASTA FUNDRAISER

**Sat.
June 18th**

Where:
Riverside Sportsman Club

Please come out and support
our Breast Health Center
Dragon Boat Team

"Main Squeeze"

Dinner at 6:00pm

Tickets can be purchased through
staff at the Breast Health Center.
Ext. 52524

**INTERNATIONAL
DRAGON BOAT
FOR THE CURE**

**Door Prizes
50/50
Draw**

Adult: \$20/Child: \$10 / Under age 3: free / Cash Bar