



# 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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## Reminder of New Smoking Restrictions Effective Today

Patients, Families, Professional Staff, Front Line Staff and Volunteers are reminded of the Smoke-Free Ontario Act in place. As of today, August 1st, there is only one designated smoking area at the Met Campus (fenced area at Lens and Kildare) and only one designated smoking area at the Ouellette Campus (Goyeau Street glass shelter near exit and traffic crosswalk). Windsor Regional Hospital Security will be monitoring and Windsor-Essex Health Unit's Tobacco Enforcement staff have the right to enforce warnings and fines. Note that effective January 1, 2018, absolutely no smoking on hospital property will be permitted.



### THANK YOU FOR NOT SMOKING



Smoking anywhere other than the Designated Smoking Area is punishable by a fine. (up to \$5,000) O.Reg.48/06

WANT TO STOP SMOKING?

**1-877-513-5333 • WWW.SMOKERSHELPLINE.CA**

Photo Above: Sample of the signage that will be posted at both campuses of Windsor Regional Hospital.

## 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](mailto:frontlinetribune@wrh.on.ca)

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



@WRHospital

## New Recruits At EMS

Congratulations to the 17 new Essex-Windsor EMS recruits recognized last week at a ceremony held at St. Clair Centre for the Arts. Most of the 17 new recruits are graduates of St. Clair College and are about to launch their careers as paramedics, saving lives throughout Windsor-Essex.

Speakers included EMS Chief Bruce Krauter, Essex County Warden Tom Bain and our own Dr. Paul Bradford, base hospital medical Director and an Emergency Physician at the Ouellette campus. Dr. Bradford said parents of these new recruits need to know that the successful candidates had to work extremely hard to achieve paramedic status and their efforts are paying off.

"I've been very impressed with their dedication and the work that they do. It really exemplifies a huge journey in your life to get there," he told the recruits who attended with family and friends. Congratulations from your partners at Windsor Regional Hospital – we look forward to working with you for many years to come!



Photo Above: New Essex-Windsor EMS recruits at St. Clair College for the ceremony.

Visit our website for more information at [www.wrh.on.ca](http://www.wrh.on.ca)



# UPCOMING EVENTS

- AUG 05** **A Celebration of Life - Dr. Galiwango**  
Time: 6:00pm  
Caboto Club  
2175 Parent Avenue, Windsor
- AUG 09** **Blood Pressure Screening Clinic**  
Time: 12:00pm - 3:00pm  
Ouellette Campus, Vendor Hallway
- AUG 12** **Rejuvenation Of The Spirit Pow Wow**  
Time: 4:00pm  
Bevel Line & Seacliff Dr., Leamington
- AUG 13** **Rejuvenation Of The Spirit Pow Wow**  
Time: 11:00am  
Bevel Line & Seacliff Dr., Leamington
- SEP 10** **Car Seat Clinic**  
Time: 10:00am  
Windsor Fire Station #7  
1380 Matthew Brady Avenue
- SEP 11** **Running From Cancer**  
Tecumseh Arena  
12021 McNorton Street, Tecumseh
- SEP 16** **Roman Feast**  
Ciociaro Club  
3745 North Talbot Road, Windsor
- SEP 23** **India Canada Association Dinner**  
Time: 6:00pm  
Fogolar Furlan Club  
2175 Parent Avenue, Windsor
- SEP 28** **Infectious Disease Conference**  
Time: 9:00am  
Caboto Club  
2175 Parent Avenue, Windsor
- OCT 11** **Blood Pressure Screening Clinic**  
Time: 12:00pm - 3:00pm  
Met Campus, Vendor Hallway



15 countries and territories worldwide affected by the Zika virus have reported an increased incidence of Guillain-Barré syndrome (GBS) and/or laboratory confirmation of a Zika virus infection among GBS cases.

## The Power Of The Pen

Michele Moro is a frequent donor to Windsor Regional Hospital and comes up with initiatives to assist her fundraising incentives. Currently, she makes flower pens, selling them to raise funds. She visited the hospital recently and donated \$500 in gift cards to the Paediatric Oncology Unit and Inpatient Oncology Program. The cards are provided to families and patients as an incentive while in the hospital.



Photo Above (l to r): Michele Moro with Kit McCann, Program Manager, Inpatient Oncology Program receiving \$100 in Tim Horton gift cards.



Photo Above (l to r): Ursula DeBono, RN, Paediatric Oncology with Michele Moro and Jennifer Burton Liang, Child Life Services presenting them with \$400 in gas gift cards for young patients and their families.



**MYELOMA CANADA**  
MAKING MYELOMA MATTER

### Patients, Family Members and Friends are invited to attend a Myeloma Canada InfoSession in Windsor

Learn from the experts about multiple myeloma, treatment and research updates in Ontario.

#### Program for the Day

9:00 - 10:00 a.m.	Registration & Continental breakfast
10:00 - 10:30 a.m.	<b>Myeloma 101: The Basics</b> Dr Sindu Kanjeekal Adjunct Professor, Schulich School of Medicine, Windsor Regional Cancer Centre
10:30 - 11:00 a.m.	<b>Understanding your blood &amp; blood tests</b> Dr Sindu Kanjeekal Adjunct Professor, Schulich School of Medicine, Windsor Regional Cancer Centre
11:00 - 11:30 a.m.	<b>Drugs used in the treatment of myeloma</b> Dr Martha Louzada Assistant Professor, Department of Medicine, Western University London Health Sciences Centre
11:30 - 12:00 a.m.	<b>Understanding high-dose therapy (autologous stem cell transplant)</b> Ms Erika Johnson, Oncology Nurse Windsor Regional Cancer Centre
12:00 - 1:00 p.m.	Lunch
1:00 - 1:30 p.m.	<b>Overview of new myeloma drugs</b> Dr Martha Louzada Assistant Professor, Department of Medicine, Western University London Health Sciences Centre
1:30 - 2:00 p.m.	<b>Practical advice for management of side effects</b> Ms Erika Johnson, Oncology Nurse Windsor Regional Cancer Centre
2:00 - 2:15 p.m.	<b>Myeloma Canada Research Network</b> Mr Aldo Del Col, Co-founder & Chairman, Myeloma Canada
2:15 - 2:45 p.m.	Question & Answer Period

#### WHEN

Sunday August 14, 2016  
From 9:00 am to 2:45 pm

#### FOR WHOM

For multiple myeloma patients, their families, healthcare professionals and the general public.

#### WHERE

Holiday Inn & Suites Ambassador Bridge  
1855 Huron Church Road  
Windsor, ON N9C 2L6

### REGISTER NOW

Space is limited, so register early.  
Registration is free.

Light refreshments and lunch will be served.  
Register using the online registration link at [www.myeloma.ca](http://www.myeloma.ca) or by contacting Myeloma Canada at 1-888-798-5771.

PLEASE NOTE THAT ONLINE REGISTRATION IS QUICK, EASY AND COMPLETELY SECURE.

[www.myeloma.ca](http://www.myeloma.ca)



Connect with us on social media!



## INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



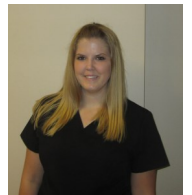
**Sage Sandhu**  
VOLUNTEER  
OR



**Jennifer Anger**  
RPN  
MEDICINE



**Mehakmeet Bal**  
RPN  
SURGERY



**Alyssa Fitch**  
RPN  
MEDICINE

**YOU ARE INVITED**



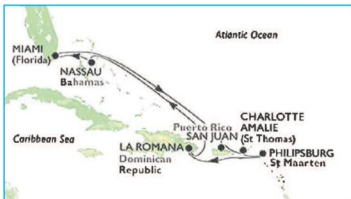
# 10 DAY / 9 NIGHT Eastern Caribbean Cruise

aboard **MSC DIVINA**

**Departing January 19, 2017**



*You, your family and friends are invited and welcome to enjoy this elegant cruise ship **MSC DIVINA** for an extraordinary 10 day / 9 night Caribbean Cruise vacation.*



FANTASTIC	Ports of Call	Arrival	Departure
1	Miami, Florida	—	7:00 PM
2	AT SEA	—	—
3	San Juan, Puerto Rico	7:00 AM	11:00 PM
4	Charlotte Amalie, Virgin Island	8:00 AM	6:00 PM
5	Philipsburg, St. Maarten	7:00 AM	2:00 PM
6	La Romana, Dominican Republic	10:00 AM	6:00 PM
7	AT SEA	—	—
8	Nassau, Bahamas	NOON	6:00 PM
9	MIAMI FLORIDA	7:00 AM	—
10	MIAMI FLORIDA	7:00 AM	—

**Our ship**  
**The MSC DIVINA**  
was launched in 2012

- Gross Tonnage 139,400
- 1751 suites and staterooms
- Launched May 2012
- Speed 23 knots
- Length 1094 feet
- Width 124 feet
- Voltage 110/220V
- Passenger Decks 13
- Restaurants 6
- Indoor bars/lounges 15
- Outdoor pool bars 6
- Pools 4
- Fitness Center, Salon & Spa

MSC is one of the fastest growing and most favored cruise lines in the world. Her elegant ships provide spacious staterooms, choice of dining venues, lively casino, lavish theater productions, duty-free shops and a variety of shipboard activities for your pleasure.

**SAN JUAN** - Liveliest and most modern capital in the Caribbean. The city sparkles with resort hotels, restaurants, and nightlife. Stroll through Old San Juan, with its quaint shops, and old fortresses and cathedrals dating back hundreds of years.

**ST. THOMAS** - A mecca for bargains at duty-free prices for cameras, watches, clothing, crystal, jewelry and so much more. Discover Bluebeard's Castle and the beaches at Magens Bay.

**ST. MAARTEN** - One of the leading Caribbean ports of duty-free shopping along with magnificent beaches and scenic landscapes.

**DOMINICAN REPUBLIC** - Second largest nation and most visited destination in the Caribbean. Outstanding year around golf courses, excellent water sports, beautiful beaches, artist's village, cigar factory and the colorful market.

**NASSAU** - Enjoy exciting Paradise Island with its casinos, shopping and endless attractions. A trip to the famous Straw Market is a must.

## ACCOMMODATIONS AND RATES

Accommodations	RATES per person	
Interior Stateroom	<b>\$ 639</b>	\$50 p.p. Discount and \$50 Shipboard Credits
Oceanview Stateroom	<b>669</b>	\$50 p.p. Discount and \$75 Shipboard Credits
Balcony Stateroom (Fantastica)	<b>919</b>	\$50 p.p. Discount and \$100 Shipboard Credits



NOTE: A \$25.00 donation will be given to Windsor Regional Hospital Foundation from all reservations.

Make your deposit of \$200 per person NOW. Final payments are due October 30, 2016. Taxes of \$127.44 are extra. Port charges are included. All rates are in U.S. dollars.

**Choice staterooms and possible upgrades are assigned on a first come basis. MAKE YOUR RESERVATIONS NOW!**

Complete this reservation form and mail to our travel agency as follows:

### WRHF Caribbean Cruise c/o Southland Travel

23 Talbot St. North, Essex, ON N8M 1A5 Tel: 519-776-9336 Fax: 519-776-6928  
Web: www.southlandtravel.ca TICO 50015768

Name (in full as per passport) \_\_\_\_\_ D.O.B. \_\_\_\_\_ Nationality \_\_\_\_\_  
 1) \_\_\_\_\_  
 2) \_\_\_\_\_  
 3) \_\_\_\_\_  
 4) \_\_\_\_\_

Address: \_\_\_\_\_ Street \_\_\_\_\_ City \_\_\_\_\_ Postal Code \_\_\_\_\_ Home Email: \_\_\_\_\_  
 Telephone: \_\_\_\_\_ Home \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

Dinner Sitting: \_\_\_ Early (1st) \_\_\_ Late (2nd) Preferred Table Size: \_\_\_ Four \_\_\_ Six \_\_\_ Eight

## Addressing The Gap: Guideline For Sexual Health Interventions For Cancer Patients

Recent research shows up to 85% of women with cancer (breast, cervix and colorectal), and up to 95% of men with cancer (prostate, testicular, colorectal and bladder) may experience difficulties with sexual function. Research also shows fewer than half of all healthcare providers discuss sexual dysfunction with these patients.

To help address this gap, Cancer Care Ontario and Program in Evidence-Based Care have created a guideline called Interventions to Address Sexual Problems in People with Cancer.

The guideline provides strategies to manage sexual function side effects as a result of cancer diagnosis and/or treatment. The goal is to decrease distress and improve quality of life for cancer survivors and their partners.

The guide says it is vital that members of the healthcare team take the first step and initiate a conversation about sexual health with cancer patients. The guide also offers suggestions on how to address patients' concerns. It's a practical tool to help providers give person-centred care for patients and their families. The full guideline can be found at [www.cancercare.on.ca/psoguidelines](http://www.cancercare.on.ca/psoguidelines).

At Windsor Regional Hospital, Oncologists and Nurses received training in 2015 to enhance communication regarding sexual health and more training is being planned. In addition, Social Workers are available to patients and their partners to discuss topics such as body image issues, intimacy and relationship issues.

Last year 6 Sexuality & Cancer Information Sessions were held for patients in the region. New information resources for patients are expected to be available this fall.



# W.E. Care for Kids Fall Mum Sale

**\$10** 10" Potted Mums

Available in red, yellow, gold/bronze & pink  
 Pre-order by **August 17th**. Limited quantity available  
 Email or call in your order to W.E. Care for Kids at :  
[ashley.weeres@wrh.on.ca](mailto:ashley.weeres@wrh.on.ca) / 519-985-2608  
 All Proceeds to benefit W.E. Care for Kids



**Pick up available September 13th & 14th**



Lets take pride in our neighbourhood, participate in the Team Clean at Windsor Regional Hospital

# TEAM CLEAN



"Be the change that you wish to see in the world"

Gandhi



Ved Uppal

## Ved Uppal Invites You To "TEAM CLEAN"

**TUESDAY, AUGUST 9 / MET CAMPUS / 8AM - 11:30AM**

**THURSDAY, AUGUST 11 / OUELLETTE CAMPUS / 8AM - 11:30AM**

Volunteers will be picking up garbage, etc....making the environment for patients and families a little better.

If you have two hours or more to give, you are invited to join in this initiative - participants will receive supplies, bottled water and an appreciation gift.  
(Students needing to complete hours are encouraged to participate)

To register call Renee Hopes at **519-254-5577 ext.33184** or email [renee.hopes@wrh.on.ca](mailto:renee.hopes@wrh.on.ca) to sign up to help.

INDIA CANADA ASSOCIATION  
in association with  
WINDSOR REGIONAL HOSPITAL FOUNDATION

# Gala Dinner

Friday, September 23, 2016

Fogolar Furlan Club - Doors Open 6:00pm/ Reception 7:00pm

Tickets are \$60.00 each or \$550 for a table of 10

India Canada Association would like to thank all those who enabled us in the past to change the lives of disadvantaged people around the world.

Help us continue our work and join us for an enchanting evening of delicious East Indian food, live Bollywood style entertainment, inspiration, socializing and fundraising.



For tickets and sponsorships please call:

Paresh Jariwala: 519-317-7301  
Jason Sekhon: 519-981-1579  
Shrenik Parikh: 313-655-1658  
Taskeen Jamal: 519-566-9560  
Gisele Seguin: 519-987-3160



## TREVOR SAVED THREE LIVES. WILL YOU?



Ontario's Organ and Tissue Donation Agency

[beadonor.ca](http://beadonor.ca)

[www.facebook.com/trevor.funkenhauser](http://www.facebook.com/trevor.funkenhauser)



## Roasted Pepper, Spinach & Feta Flatbreads



Makes 4 servings  
Preparation: 15 min  
Cooking Time: 8 min

### INGREDIENTS

- 1 cup unsalted cooked or drained rinsed canned chickpeas
- 1 1/2 cup baby spinach leaves, divided
- 1 small clove garlic
- 1/4 tsp salt
- 2 tbsp freshly squeezed lemon juice
- 1 tbsp tahini or other nut or seed butter
- Pepper
- 1 roasted sweet red pepper (about 3/4 cup/175 mL strips)
- 4 6- to 8-inch (15 to 20 cm) whole wheat pita breads
- 4 oz Feta cheese, crumbled 125 g

### METHOD

Preheat oven to 400°F (200°C). In a food processor, combine chickpeas, 1 cup (250 mL) of the spinach, garlic, salt, lemon juice and tahini. Process until fairly smooth, adding 1 to 2 tsp (5 to 10 mL) water, if necessary, to make a spreadable hummus. Season to taste with pepper. Pat roasted red pepper strips dry. Arrange pita breads on a large baking sheet or 2 sheets, as necessary. Spread with hummus, dividing equally. Arrange strips of roasted red pepper on top; sprinkle evenly with cheese. Bake for about 8 minutes or until pitas are toasted and toppings are hot. Remove from oven and sprinkle with remaining spinach.

**Dietitian Notes:** The spinach hummus can be refrigerated in an airtight container for up to 3 days. If it seems a bit dry, stir in a little water to loosen it up before spreading on the pitas.

In place of the homemade spinach hummus, you can substitute 1/2 cup (125 mL) store-bought hummus. Be sure to check the nutrition facts labels when purchasing hummus and choose the one with the least amount of sodium.

Source: Dietitians of Canada, [www.cookspiration.com](http://www.cookspiration.com)

### NUTRIENTS Per Serving :

Calories: 357; Protein: 16g; Total Fat: 12 g; Carbohydrates: 51g; Sodium 705 mg