



FRONTLINE AUGUST 15, 2016 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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Healing Close To Home: The Day One Stem Cell Transfer Program

Dan Thomas wasn't sure he wanted to be a "guinea pig" when his doctor suggested him as the first candidate for the Day One Stem Cell Transfer Program, but after further discussion, he figured if he was going to be miserable, he might as well be miserable close to home, with friends and family nearby.

On June 15, Thomas travelled to London for a stem cell transplant procedure and days later, he was back in Windsor for his recovery. "I'm glad they brought me back," says Thomas. "I already knew the staff and I knew I would be well taken care of."

Under the program, patients who have certain blood cancers and have to leave the area to receive stem cell transplants are brought back to Windsor. There, they remain in hospital for a three week recovery period during which often comes extreme sickness and pain.

In the past, patients like Thomas would have to remain at the site of the transplant during their recovery. That often meant few visitors because they would have to travel out of town and find a place to stay. Thomas' physician, Dr. Sindu Kanjeekal says that can be a frightening and lonely experience and this program helps relieve those feelings.

"Three weeks in the hospital is not a fun thing. In London, who would have come to visit?" asked Thomas, "Here, I had friends coming visiting me, my family, my pastor. It's much, much better."

Five patients have gone through the program since it started in June and about 14 are expected to take advantage of it this year.



Photo above (courtesy of the Windsor Star) Recovering stem cell transplant patient Dan Thomas, right, with Dr. Sindu Kanjeekal of Windsor Regional Hospital, left.

WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

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Get connected with us on Facebook, Twitter, Instagram, Youtube and LinkedIn



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

UPCOMING EVENTS

- AUG 25** **WRH Bingo Charity Night**
Time: 8:00pm
Breakaway Gaming Centre
655 Crawford Avenue
- 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
- JAN 15** **Europro Vertical Challenge**
FCA Chrysler Building
1 Riverside Drive West, Windsor
- MAR 01** **2017 Hats On For Healthcare**
Various locations, Windsor-Essex



Adverse events following immunization (AEFI) are instances that are reportable to the local Public Health Unit. Stats are available on the Public Health Ontario website – for example of the 4,436,080 influenza vaccines distributed in 2014 in Ontario, there were 3 serious AEFI reported. There were 228 deaths attributed to lab-confirmed influenza that same season.



Capture your Senses and Indulge in an Evening of Endless Culinary Delights, Live Theatre, Music & Belly Dancers!

FRIDAY SEPTEMBER 16, 2016

Doors Open at 6:30

CIOCIARO CLUB
3745 N. Talbot Rd., Oldcastle



Entertainment



Exotic Belly Dancers
Live Performance: "THE TWINS" by Plautus, directed by Jeff Marontate, Korda Artistic Productions
Live Entertainment by: "**Big Louie & the Band**"



PURCHASE TICKETS AT - Ciociaro Club: 519 737-6153
Guaranteed A Fine Furniture: 519 948-1646
F & J Collision: 519 945-2363
Windsor Regional Hospital: 519 985-2656
CIBPA c/o Ermanna Filice: 519 982-0817
Ticket: \$85 / person or \$800 / tbl of 10 (Roman Attire Encouraged)

NET PROCEEDS TO SUPPORT WINDSOR REGIONAL HOSPITAL (OUELLETTE & MET CAMPUS)



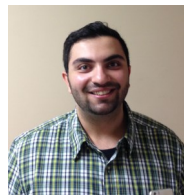
www.romanfeast2016.ca



Vendors for the week of August 15 - 19, 2016

Met Campus: Kidbits, Lories Glass, Deb's Designs
Ouellette Campus: Kidbits, Barbs Healthcare, Deb's Designs

INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Afshin Azami
PHARMACIST RESIDENT
PHARMACY



Kathleen Nanson
SOCIAL WORKER
RENAL DIALYSIS



Helen Goro
REGISTERED NURSE
SURGERY



Nicole Williams
SOCIAL WORKER
SOCIAL WORK

YOU ARE INVITED



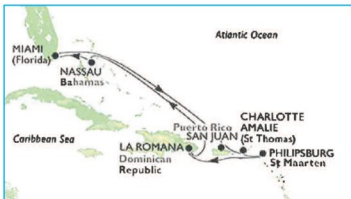
10 DAY / 9 NIGHT Eastern Caribbean Cruise

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.



Day	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	Nassau, Bahamas	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	\$ 639	\$50 p.p. Discount and \$50 Shipboard Credits
Oceanview Stateroom	669	\$50 p.p. Discount and \$75 Shipboard Credits
Balcony Stateroom (Fantastica)	919	\$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

A Clean Sweep

Windsor Regional Hospital got the clean sweep again when 'Team Clean' volunteers returned last week, circling the hospital campuses and picked up garbage and litter! The same team were here in July and vowed to return to make the hospital environment a little better for patients, families, staff and volunteers.

"This was something I wanted to do on behalf of the hospital and with help from friends and volunteers, I think we made a difference by picking up litter and making the campuses more presentable," said Ved Uppal, Team Clean Leader. "We even noticed less cigarette butts around due to the updated smoking policy at the hospital."



Photo above: Team Clean Crew at the Met Campus.

With Team Clean's efforts, we remind everyone of the updated smoking policy where, now there are only two designated smoking areas: At Ouellette Campus, the shelter is near the Bell Building and at Met Campus it is near the Kildare and Lens area. The hospital grounds will become totally smoke free by January 1, 2018.

11th Annual running from CANCER

Sunday September 11/16

WHERE:
Lakewood Park
13451 Riverside Dr. E.
Tecumseh, ON

TIME:

Half Marathon	08:00
5k Start	08:00
Disney 1k	09:00
Disney Dash	09:00
Awards	09:30

Thank you to our sponsors:

LEAD SPONSORS
 Johnny's Gas Bar & Car Wash
 Domino's Pizza • Brooks

GOLD SPONSORS
 New Balance Windsor • Running Factory
 Sobey's • Tim Horton's
 Wolverine Freight Systems • Mucci Farms

www.runningfromcancer.com
 For further information contact (519) 735-4742

Proceeds benefit:



2nd Annual Walk/Run in Support of



September is Childhood Cancer Awareness Month

Sunday September 25, 2016

Seacliffe Park, Leamington

Register by September 10 & receive a free t-shirt

Registration begins at 9:00am

2km Walk – 10:00am / 5km Run – 10:45am



All proceeds to benefit
Windsor Regional Hospital's
Paediatric Oncology Unit

For more information please visit Super Ethan's Steps Facebook Page 
Or contact charcole2784@gmail.com

To donate, visit www.wrhl.on.ca and click on "Ways To Give". Please indicate "Super Ethan's Steps" under "Designation".

INDIA CANADA ASSOCIATION
in association with
WINDSOR REGIONAL HOSPITAL FOUNDATION

Gala Dinner

Friday, September 23, 2016

Fogolar Furlan Club • Reception: 6:00pm/ Program: 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.

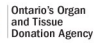


For tickets and sponsorships please call:

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?**



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www.facebook.com/trevor.funkenhauser



Greek Rice & Feta Stuffed Peppers

Makes 8 servings

Preparation: 15 min

Cooking Time: 45 min



INGREDIENTS

- 1 cup brown rice, cooked
- 2 yellow peppers, fresh
- 2 red peppers, fresh
- 1 lb ground chicken, lean
- 1/2 tsp salt
- 1 egg, fresh, medium
- 1/4 cup pasta sauce, marinara, low sodium
- 2 tbsp lemon juice, fresh
- 2 tsp lemon peel/zest, fresh
- 1 jalapeno pepper, fresh, minced (optional)
- 1 tomato, fresh, medium, diced
- 1/2 cup onion, diced
- 1/4 cup feta cheese, crumbled
- 2 tbsp pine nuts
- 1 tbsp oregano, fresh, minced
- 2 tbsp mint, fresh, minced
- 1 1/2 cup pasta sauce, marinara, low sodium

METHOD

Preheat oven to 350°F (180°C). Prepare the rice. Leftover works great. Cut peppers in half vertically through the stems and discard inner seeds and membranes. Keep the stems on as they look nice and help to hold in the filling. Place ground chicken in a medium bowl and sprinkle with salt. Break egg over mixture. Add 1/4 cup (60 mL) pasta sauce, fresh lemon juice, lemon zest/peel, finely minced jalapeno (optional), diced tomato, diced onions, crumbled feta, pine nuts, minced fresh oregano and mint. Mix by hand until well combined. Add the last 1 1/2 cup (375 mL) of tomato/pasta sauce to bottom of baking dish. Fill peppers with chicken and rice mixture. You can mound them fairly high. Place in baking dish over pasta sauce. Bake for 45 minutes and until the stuffed peppers are thoroughly cooked and a thermometer registers internal temperature of 160°F (71°C). Serve peppers with the pan sauce.

NUTRIENTS Per Serving:

Calories: 250; Protein: 15g; Total Fat: 14 g; Carbohydrates: 17g;
Sodium 340 mg