



FRONTLINE AUGUST 29, 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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All For Mamas

Moms are some of the most ambitious people around. They not only take care of their family, they are out supporting their community through philanthropy. The organization called *All 4 Mamas* began as a small group of friends that has now grown to almost 7,000 moms through Facebook. As a group, they assist new moms with baby tips and ideas in how to raise money in support of the Family Birthing Centre at Windsor Regional Hospital.

One of their initiatives is providing a Gift Pack that is provided to new moms as a way to celebrate the birth of a new baby and providing mom with a bag filled with quality samples, educational resources, coupons and information on local businesses.



All 4 Mamas; Jessica Guzman, Victoria Snow and Nancy Mahon (sitting) with a new Aloe Chair used by family members when staying over in the Family Birthing Centre. The All 4 Mamas organization are proud to be funding the first chair. Up to 29 similar chairs are required within the birthing program to replace aging ones.

A reminder that All 4 Mamas will host their Annual Family Fall Festival on Sunday, October 16, 2016 at the Ciociaro Club Outdoor Pavilion that includes a 5K walk and a Mommy Market.

Clothing Closet

A reminder to clinical staff that there is Clothing Closet Program at both the Ouellette Campus and Met Campus. These are for those patients who come in and due to circumstances, require street clothing at discharge.

To access emergency clothing for patients, contact the Spiritual Care Department at either campus during regular hours. During late hours, the After Hours Manager may be contacted through the Switchboard.

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

SEP 10 **Car Seat Clinic**
 Time: 10:00am
 Windsor Fire Station #7
 1380 Matthew Brady Ave., Windsor

SEP 11 **Running From Cancer**
 Time: 8:00am
 Tecumseh Arena
 12021 McNorton Street, Tecumseh

SEP 16 **Roman Feast**
 Time: 6:30pm
 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

SEP 29 **Cindy's Fashion Show**
 Time: 6:00pm
 Cindy's Home & Garden
 585 Seacliff Drive, Kingsville

JAN 15 **Europo Vertical Challenge**
 Time: 8:30am
 1 Riverside Drive West, Windsor

MAR 01 **2017 Hats On For Healthcare**



Mosquitoes are one of the deadliest animals in the world. Their ability to carry and spread disease to humans causes thousands of deaths every year. In 2015 malaria alone caused 438,000 deaths.

United Way Campaign Kicks Off Sept. 14th

Every day, hundreds of patients pass through our Emergency Department doors. Most, thankfully, go home. But after they leave ... do they have the supports they need to stay healthy?

Are they eating nutritious food? Can they afford it? Are they struggling with unemployment?

Did you know ... one in five people in Windsor and Essex County are living in poverty?

That means one in five people who are more vulnerable to health challenges – mental and physical.

We can make a difference. By supporting the United Way, you're supporting programs that feed kids in low-income households. You are giving families access to nutritious meals and so much more.

Windsor Regional Hospital is proud to support the United Way and encourages staff to consider even a small monthly donation to help our most vulnerable citizens. Everyone deserves a chance to live a long and healthy life!

WRH's campaign kicks off at both campuses on September 14, 2016 and runs through to September 28, 2016. Look for your United Way pledge card on September 14, 2016 in mail slots, on our website or on display tables in lobbies of both campuses!

Once again there will be prizes drawn for those who pledge to donate. If you are already signed up to give to United Way, you will be automatically entered into this year's draw.

More details on prizes and draw dates to come!

For more information on the United Way, please visit www.weareunited.ca.



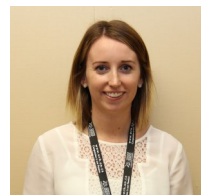
**United Way
 Centraide
 Windsor-Essex County**



INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



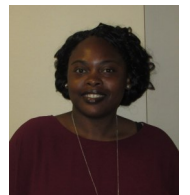
Nathan Ganier
 RPN
 MEDICINE



Emilee Winter
 SOCIAL WORKER
 SOCIAL WORK



Sage Sandhu
 VOLUNTEER
 OR



Yvette Ada
 RPN
 Surgery

YOU ARE INVITED



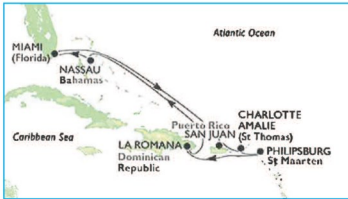
10 DAY / 9 NIGHT Eastern Caribbean Cruise

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	AT SEA	—	—
4	San Juan, Puerto Rico	7:00 AM	11:00 PM
5	Charlotte Amalie, Virgin Island	8:00 AM	6:00 PM
6	Philipsburg, St. Maarten	7:00 AM	2:00 PM
7	La Romana, Dominican Republic	10:00 AM	6:00 PM
8	AT SEA	—	—
9	Nassau, Bahamas	NOON	6:00 PM
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



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.wrhf.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 Jamali: 519-566-9560
Gisele Seguin: 519-987-3160



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
Sobeys • Tim Horton's
Wolverine Freight Systems • Mucci Farms

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

Proceeds benefit:



**ROMAN
FEAST
2016**

*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



Tuition Assistance Applications

Please note that the August intake deadline for courses starting in September and October is now closed.



Next intake deadline is October 1st for courses beginning in November and December, 2016.

Applications need to be completed, signed by the Manager or Supervisor, and sent to Christine Duval, Learning Resources by October 1st. Complete the application for courses before the course begins.

For more information please check the Learning Resources section on the website to view the Tuition Assistance policy, application, and intake deadlines. For further inquiries, please contact Christine Duval at ext.31630 or by email at christine.duval@wrh.on.ca.



Zucchini Lentil Fritters & Dill Sour Cream

Makes 12 servings
Preparation: 15 min
Cooking Time: 35 min

Zucchini Lentil Fritters

- 1 cup cooked split red lentils
- 1/2 cup finely diced red onions
- 2 large eggs
- 1 tbsp lemon zest
- 1 tbsp chopped fresh basil
- 1 tbsp chopped fresh parsley
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 cup all-purpose flour
- 1/4 tsp coarse salt
- 1 cup canola oil, for frying



- 1/4 tsp red chili flakes
- 1 tsp baking powder
- 2 cups grated zucchini

Dill Sour Cream

- 1 cup sour cream
- 1 tbsp finely chopped fresh dill
- 1/4 tsp ground black pepper
- 2 tsp lemon juice
- 1/2 tsp salt

METHOD

In a large bowl, combine lentils, onions, eggs, herbs, and spices. In a small bowl, stir together flour, baking powder, and salt. Stir flour mixture into the lentil mixture just to moisten. Add grated zucchini and stir gently until just incorporated. In a large skillet, over medium-high heat, warm about 1/2 inch (1 cm) of canola oil. Drop batter using a large ice cream scoop into hot oil, spreading out a little to make them round. You can fry 3 fritters at once. Fry on each side for about 3 minutes, until golden. Remove to a paper towel lined platter and continue cooking fritters until all batter is gone. Serve warm, sprinkled with coarse sea salt and topped with dill sour cream.

NUTRIENTS Per Serving (1 fritter):

Calories: 140; Protein: 4g; Total Fat: 9 g; Carbohydrates: 9g; Sodium 200 mg