



FRONTLINE SEPTEMBER 5, 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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OR Sterilization Issue Update

Thank you to all of our staff for your patience and understanding as we worked around the clock to get the operating rooms at the Ouellette Campus back up and running amid our ongoing concerns about the sterilization system.

Initially, we were working with Steripro out of Toronto to get instrument sets sterilized for use at Ouellette for surgeries. Shipments back and forth occur at least twice daily. We have evolved over the last few days and now exclusively use the Met Campus and Leamington District Memorial Hospital. This has occurred because we have been able to procure the temperature controlled trucks and carts to transport the instruments from site to site.



The re-opening was not 100% smooth as predicted, but staff deserve a lot of credit for working through the issues and getting the cases started and completed. We owe a special thank you to our patients for their understanding during this time.

While we continue to use Met Campus as much as possible for surgeries that can be completed there, and to support surgeries that need to be completed at Ouellette, we will also continue to dialogue with the experts and other organizations that have gone through similar issues. Continued testing and modifications will be made.

We also appreciate the patience of those at Ouellette coping with the noise as a result of the work we are doing on the steam lines. We apologize for the noise it creates, but it is necessary.

We will continue to keep everyone updated throughout the process.

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

@WRHospital

UPCOMING AWARENESS WEEKS

Suicide Prevention Week (September 10 - 16, 2016)
Problem Gambling Prevention Week (September 26 - October 2, 2016)

Keep up to date with Windsor Regional Hospital on social media!
Get connected with us on Facebook, Twitter, Instagram, Youtube and LinkedIn



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
Lakewood Park
13451 Riverside Drive East, 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** **Europro Vertical Challenge**
Time: 8:30am
1 Riverside Drive West, Windsor
- MAR 01** **2017 Hats On For Healthcare**



A biological indicator is a test system containing bacteria that resist the sterilization process. Once sterilized the indicator is tested for growth. Growth indicates a failure of the sterilizer.

Next Steps Taken in Development of the New Windsor-Essex Hospitals System

Windsor Regional Hospital has submitted an application to the City of Windsor, requesting an amendment to the city's Official Plan and Zoning By-laws. "This is the natural next step to ensure we can proceed with the planning process when the Ministry of Health and Long-Term Care gives approval to move to the next stage" says Windsor Regional Hospital President and CEO David Musyj.

The property is part of land transferred to the City of Windsor in 2002 to accommodate the new regional hospital. "This zoning change process is routine in developments of this nature; it is similar to what would have been required for many of the sites proposed for a new hospital and definitely for both of the short-listed sites," says Musyj.

In addition, a secondary plan is being undertaken for the surrounding area to ensure that the development of the new Windsor Regional Hospital site is considered holistically within a broader land use planning context for the area. This is a City of Windsor requirement and applies to approximately 221 hectares of land within an area bounded by County Road 42 to the north, County Road 17 to the east, Baseline Road to the South and Eighth Concession Road to the West.

Details of the Secondary Plan will be presented at an information session on September 7, 2016. It will be held from 3pm – 5pm and 6pm – 8pm at the Collège Boréal (formerly Place Concorde), 7515 Forest Glade Drive, Windsor.

Community Knitters At It Again!

The annual lunch of the Windsor Roseland Community Knitters took place at the Fogolar Furlan Club on August 29th, 2016. This year these dedicated individuals donated over 6,000 warming caps for the maternal newborn and NICU programs. Thanks are extended to the 25 knitters and the Roseland Rotary Club for organizing the annual lunch. One knitter (97 years old) said: "If only we could build the new hospital out of wool".

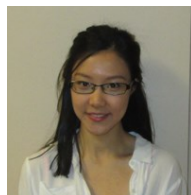


VENDORS ON DISPLAY (SEPT. 6-9, 2016)

MET CAMPUS: J & S Creations, Barbs Healthcare
OUELLETTE CAMPUS: Home Instead, Just Jewellery

Please note: Vendors subject to change

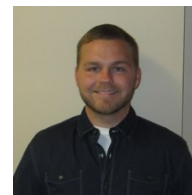
INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



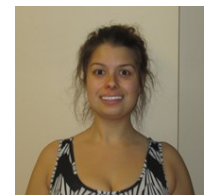
Konnie Luk
RPN
MEDICINE



Stephanie Wiebe
RPN
MEDICINE



Craig Washburn
REHAB ASSISTANT
MEDICINE



Jennifer Markoc
RPN
MEDICINE

Look for your United Way Pledge Card on September 14, 2016 in Mail Slots, on the Intranet or on Display Tables in Lobbies

Early Bird Draw!

Return your pledge card and raffle ticket by **Noon, Thursday, September 22nd**

WRH Met Campus - Linda McLean - Public Affairs (Ext. 52005)
WRH Ouellette Campus - David Lenz - Public Affairs (Ext 32539)
and you will be ELIGIBLE TO WIN:

\$600 in Gift Cards of Your Choice!

(Get yourself an IPAD, the latest fashion or free groceries for a month!)

All pledge cards and raffle tickets returned by

Noon - Thursday, September 29th

will be eligible to WIN one of the following prizes AND MORE!

- (7) Different Prizes Each of One Day Off With Pay
- (2) Adventure Bay 4-Pack Family Passes
- (1) Ipod Shuffle
- (1) Armando's Pizza - Large Pizza
- (1) Chefs of Caesar's Windsor Panini Press
- (1) Broil King Stone Grill Set and a \$50.00 Ted Farron's Gift Card
- (1) \$50 Red Sail Restaurant Gift Certificate

Minimum \$26 (\$1 per pay or Cheque/Cash/Visa) donation to be eligible for draws

To obtain pledge cards, raffle tickets or United Way information, please contact:

Met Campus - Public Affairs/Foundation: Linda McLean Ext.52005
Ouellette Campus - Public Affairs/Foundation: David Lenz Ext.32539

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:



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





SUICIDE PREVENTION DAY

AN INFORMATIVE DAY FOR HEALTHCARE PROFESSIONALS

Featuring expert guest speakers on suicide prevention and the impact it has on the families in our community.

Registration Fee: \$25 includes coffee and boxed lunch

FRIDAY, OCTOBER 21, 2016 - 9AM-5PM

Adventure Bay Meeting Room, 2nd Floor, 401 Pitt St. W, Windsor

For more information on the event, please contact Maria Di Stefano at 519-254-5577 ext.37617 or by email maria.distefano@wrh.on.ca

www.wrhsuicidepreventionday.ca



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

TEAM CLEAN



Ved Uppal

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

Gandhi



Ved Uppal Invites You To "TEAM CLEAN"

TUESDAY, SEPTEMBER 6 / MET CAMPUS / 8AM - 11:30AM

WEDNESDAY, SEPTEMBER 7 / 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 to sign up to help.

Back To School Nutrition Basics

As you prepare to send your children back to school, ask yourself, "What's on the menu to fuel their active minds and bodies?" Eating a nutritious breakfast, lunch and snacks each day helps to keep your child healthy and ready to learn. Keep these back-to-school nutrition basics in mind to help your kids do their best this year.

1. Break the fast

By the time children wake up to go to school, most have gone for 8 to 12 hours without anything to eat. No wonder breakfast is often referred to as the most important meal of the day. Consider the benefits of breaking the overnight fast with a balanced breakfast:

Breakfast gives kids more of the nutrients they need.

A nutritious breakfast provides children with energy and essential nutrients for healthy growth and development. Research shows that children who skip breakfast may not make up for the nutrients they miss out on at that meal.

People who eat breakfast have healthier body weights.

Skipping breakfast is not a smart weight control strategy. In fact, studies have shown that children and adults who do eat breakfast regularly have healthier weights than those who skip breakfast.

Skipping breakfast may affect success in school.

Studies suggest that eating breakfast is associated with improved memory, better test grades, greater school attendance and better behaviour. Children who don't eat breakfast may feel tired and have trouble concentrating.

2. Lunch wise

What parent hasn't had a lunch box returned only to find their child barely touched their lunch. It's a common complaint. So what's a parent to do? Getting your kids involved in planning their own lunch is one of the best ways to ensure they'll actually eat it. Even young children can choose from healthy options.

Kids who help plan and prepare their lunch are more likely to eat it. Lunch is a perfect opportunity to help your child develop healthy meal planning skills for life. Guide your child in choosing from a variety of healthy lunch options based on Canada's Food Guide. Try to pack a lunch that includes at least three of the four food groups. See how to handle children's most common pet peeves with simple lunch solutions.

Make sure you consider their favourite foods.

Ask your child to make a list of their favourite foods from nutritious choices in each of the four food groups. Use it to create a shopping list to stock your kitchen cupboards and fridge. For lunch and snack ideas, see the chart in Packing Healthy School Lunches and Snacks FAQs.

3. Snack smart

Children need plenty of nutritious snacks to keep them going between meals. However, children often choose less healthy snacks that are high in calories, fat or sugar. Try ones that include at least two of the food groups from Canada's Food Guide.

Children have small stomachs and need refueling.

Because children have smaller stomachs than adults, they usually can't eat as much as adults at one time. Nutritious snacks can help keep them satisfied between meals and also provide energy and important nutrients.

Plan snacks around your child's school day.

Find out when your child's school has scheduled break and snack times, and don't forget about snacks for after-school activities.