



FRONTLINE TRIBUNE

SEPTEMBER 26, 2016

VOLUME 4 / EDITION 35



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

IN THIS WEEK'S ISSUE

- 1 • MOSBY'S NURSING SKILLS UPDATE
- 2 • SUPPORT UNITED WAY CAMPAIGN
• VENDORS ON DISPLAY THIS WEEK
• NEW FACES AT WRH
• SCHEDULE OF EVENTS
- 3 • RUNNING FROM CANCER
• ROMAN FEAST WAS JUST THAT
• SUICIDE PREVENTION DAY
• ALL FOR MAMAS FAMILY FALL FEST
- 4 • NOUVEAU SYSTÈME HOSPITALIER
• BLOOD DONOR CHALLENGE
• RECIPE OF THE WEEK
• BE A DONOR

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

Ron Foster, Editor
ron.foster@wrh.on.ca
519-254-5577 ext. 52003

Gisele Seguin
gisele.seguin@wrh.on.ca
519-254-5577 ext. 52008

Steve Erwin
steve.erwin@wrh.on.ca
519-254-5577 ext. 33350

David Lenz
david.lenz@wrh.on.ca
519-254-5577 ext. 32539



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



@WRHospital

www.wrh.on.ca

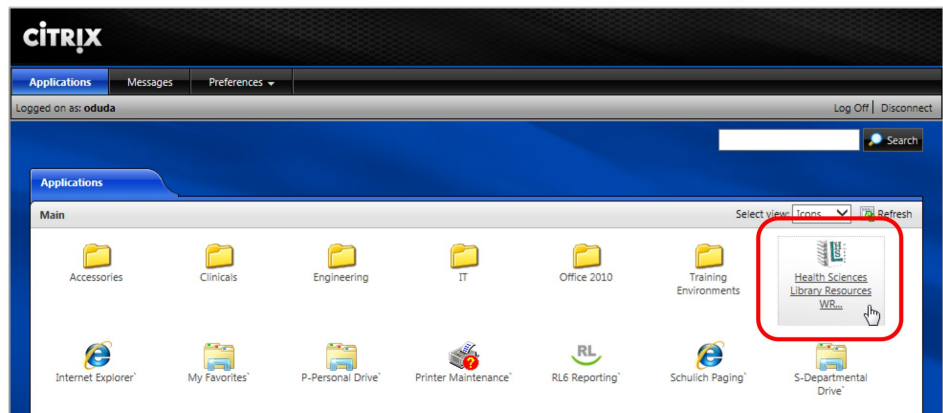
Mosby's Nursing Skills Update

On October 1, 2016 the **Mosby's Nursing Skills** resource will be updated and will change its name to **Elsevier Clinical Skills**

MOSBY'S
NURSING SKILLS



ELSEVIER
CLINICAL SKILLS



To access Elsevier Clinical Skills click on the WRH Health Sciences Library Resources link within Citrix (above) and then on the Elsevier Clinical Skills link under Nursing Resources heading from the home page (below).



WRH Health Sciences Library staff will have new training manuals ready for distribution by October 10, 2016.

UPCOMING EVENTS

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

OCT 15 **Windsor Comicon**
Time: 9:00am
Caesars Windsor
377 Riverside Drive East, Windsor

OCT 16 **Windsor Comicon**
Time: 9:00am
Caesars Windsor
377 Riverside Drive East, Windsor

OCT 16 **All For Mamas Family Fall Fest**
Time: 9:00am
Ciociaro Club
3745 North Talbot Road, Windsor

OCT 21 **Suicide Prevention Day**
Time: 9:00am
Adventure Bay, 2nd Floor
401 Pitt Street West, Windsor

OCT 27 **Do Good Divas
A Night In Handbag Heaven**
Time: 5:00pm
Caboto Club
2175 Parent Avenue, Windsor

OCT 29 **Halloween Family Spooktacular**
Time: 12:00pm
Malden Park
4200 Malden Road, Windsor

**Problem Gambling Prevention Week
(September 26 - October 2, 2016)**



Healthcare associated infections have a significant impact on health care spending as a result of prolonged hospital stay, readmissions, increasing consumption of costly resources and, occasionally, legal and litigation costs.

Support United Way, Help Reduce Poverty

The Windsor Regional Hospital 2016 United Way Campaign runs until Thursday, September 29, 2016 so please consider a contribution to help reduce poverty in Windsor and Essex County!

Tables with United Way information and pledge cards are set up in the Vendor Hallway at the Met Campus and near the first floor vendor kiosk at Ouellette Campus. Hand in your pledge card and raffle ticket together (minimum donation of \$1 per pay or \$26 total cash donation) to the Public Affairs/ Foundation offices at either Met or Ouellette Campuses by Thursday, September 29, 2016 at 12PM for the final draw for the following prizes:

- A day off with pay
- Adventure Bay family four-packs
- An iPod Shuffle
- A large Armando's pizza
- Chefs of Caesars Windsor Panini Press
- Broil King Stone Grill Set and \$50 Ted Farron's gift card
- \$50 Red Sail Restaurant Gift Certificate
- \$20 Tim Hortons Gift Cards

Most importantly of course, is your contribution. If you can spare as little as \$1 a pay, you can help support the many programs United Way assists to lift families out of poverty, including breakfast and after-school programs for kids and the "On Track For Success" program to help students achieve their goals.

Please note that for those of you already donating to United Way through Payroll Deduction that last year's pledge form is only good until December 2016 unless you selected the Continuous Pay Period Donation option last year.

United Way/Centraide Windsor-Essex County supports thousands of people across the community and is committed to those in need. Currently it supports three main priorities: reducing poverty, supporting kids and families, and strengthening neighbours across Windsor & Essex County.

For more information on how the United Way contributes to our community, click on the United Way link on the WRH Intranet or visit www.weareunited.com.

Let's show Windsor and Essex County that WINDSOR REGIONAL HOSPITAL cares! Every donation big or small will help!



**United Way
Centraide
Windsor-Essex County**

VENDORS ON DISPLAY (SEPT. 26-30, 2016)

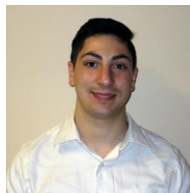
MET CAMPUS:

Kidbits, Magnolia & Vine, Sunlife, Funky Living, On Trend Gifts

OUELLETTE CAMPUS:

Just Jewellery, Lories Glass, Kidbits

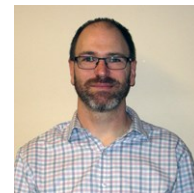
INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



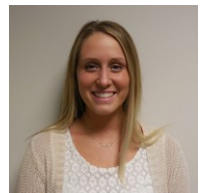
Joseph Toma
REGISTERED NURSE
8E NEUROSURGERY



Kathleen Lussier
UNIT CLERK
EMERGENCY SUPPORT



Krystopher Vollans
MANAGER
GENERAL ACCOUNTING



Megan Gates
REGISTERED NURSE
INPATIENT PAEDIATRICS

Running From Cancer

For eleven years, Maria and Saide Eid have hosted the Annual Running from Cancer event and this year they selected Lakewood Park as the race site. Several individuals participated in the Half Marathon, 5K Run/Walk and Kids 1K and Disney Dash.

The Eids are passionate about supporting the Windsor Regional Hospital Cancer Program as they have done for several years now. The hospital is very grateful as the proceeds have allowed the purchase of medical equipment and other needs for inpatients on 4 West.

The fact that approximately 2,000 individuals are diagnosed with cancer each year and the cancer centre seeing a 47% increase in visits, attests to the need!



Individuals participating in the 11th Running From Cancer Run/Walk on Sunday, September 11th at Lakewood Park in Tecumseh.

Roman Fest Was Just That!

The event lived up to its reputation as an evening of festive activity that included Roman citizens walking within the City of Rome with marble-like pillars, chariots, Julius Caesars throne with lions and belly dancers. The evening also included a silent auction, goblet raffle, live theatre performance of The Twins by Tutus Maccius Plautus, performed by Korda Artistic Productions.

Proceeds support the Windsor Regional Hospital Foundation and future hospital and the healthcare system.



Photos from the Roman Feast event at the Ciociaro Club of Windsor held on September 16, 2016.



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

all4mamas PRESENTS

Family Fall Fest

Mommy Market and 5km

Sunday Oct. 16th 2016

Ciociaro Club Windsor · 3745 Talbot Rd · Oldcastle ON NOR 1L0

9-2pm, warm-up 9:30am, 5k starts at 10am
Price: \$20 Age 18+ · \$10 Age 3-17 · Donation- Age 2 and under

Register by contacting All 4 Mamas Foundation
Email: info@all4mamas.com · Call: 519-792-4839 OR

Register Online:
www.all4mamas.com

This event is held by the All 4 Mamas Foundation - The funds raised from this event are being raised to donate to the Windsor Regional Hospital Family Birthing Centre and Paediatric Oncology items

EVENTS & ACTIVITIES
Shop at our Mommy Market · Pasta Lunch · 5Km walk · Costume Parade · Family Harvest Photo Booth
Face Painting · Bouncy Castle · Family Yoga Class



Un 'mise à jour' sur un nouveau système hospitalier

The Co-Chairs overseeing planning for the new Windsor-Essex Hospitals System shared the project vision with members of the region's french community this week at an event hosted by l'Entité de planification des services de santé en français Érié St. Clair/Sud-Ouest.

The group of about 80 members showed strong support for the project and a desire for the hospital to continue working on its French language service offering. Gisele Seguin, Director, Public Affairs, Communications and Philanthropy, delivered the French portion of the presentation. Seguin is also Co-Chairs the hospital's French Language Services Committee. She explained the hospital is working with the Ministry of Health and the Erie St. Clair LHIN to continually improve French language services. That work currently includes giving patients the opportunity to speak to receive their services in French when possible, actively seeking French speaking applicants during hiring process, providing educational materials in French upon request and encouraging staff to upgrade their French language skills. All of this will continue in the new state-of-the-art hospital.



LE SYSTÈME D'HÔPITAUX DE WINDSOR-ESSEX : BIENTÔT UNE RÉALITÉ

WRH Place Third In Blood Donor Drive

Thank you to the dozens of staff who helped WRH place third in the Canadian Blood Services' annual Hospital Challenge this summer!

The friendly competition looks to see which hospitals' staff in Ontario donates the most units of blood during the months of June and July.

The competition is held annually in the summer, since this season is a critical time in the need to increase blood bank supplies. The Hospital Challenge helps to boost reserves.

All staff, physicians and volunteers are being encouraged to continue contributing. Regular contributors can sign up for the Windsor Regional Hospital Life-Saving Team and become one of Canadian Blood Services "Partners for Life." For more information, contact Steve Erwin, Manager, Corporate Communications, Government and Community Relations, at ext. 33350.

For more information about how to donate, go to www.blood.ca!



Skinny Baked Broccoli Mac & Cheese

Makes 8 servings

Serving Size 1 Cup

Preparation: 15 min

Cooking Time: 15-20 min



INGREDIENTS

- 12 oz (1 box) whole wheat fusilli pasta
- 1 1/2 tbsp butter
- 1/4 cup minced onion
- 1/4 cup flour
- 2 cups skim milk
- 1 cup fat free chicken or vegetable broth
- 2 cups reduced-fat sharp cheddar
- 12 oz fresh broccoli florets (I used pre-cut bag)
- 2 tbsp grated parmesan
- 1/4 cup seasoned bread crumbs cooking spray
- Optional additions: salt and pepper to taste

METHOD

Cook pasta and broccoli together in a large pot of salted water, according to package directions for al dente (or slightly under cook 2 minutes). Spray a baking dish with cooking spray. Preheat oven to 375°.

In a large, heavy skillet, melt butter. Add onion and cook over low heat about 2 minutes, add flour and cook another minute, or until the flour is golden and well combined. Add milk and chicken broth and whisk, raising heat to medium-high until it comes to a boil; cook about 5 minutes or until the sauce becomes smooth and thick. Season with salt and pepper (optional).

Once the sauce is thick, remove from heat, add cheese and mix well until cheese is melted. Adjust salt and pepper to taste, add cooked macaroni and broccoli and mix well. Pour into prepared baking dish. Top with grated cheese and breadcrumbs. Spray a little more cooking spray on top.

Bake for 15-20 minutes, then broil for a few minutes to get the breadcrumbs golden.

NUTRIENTS Per Serving :

Calories: 322; Protein: 20g; Total Fat: 11 g;

Carbohydrates: 43g; Sodium 381mg; Potassium 289 mg

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



WINDSOR
REGIONAL
HOSPITAL
FOUNDATION



Ontario's Organ
and Tissue
Donation Agency

beadonor.ca

www.facebook.com/trevor.funkenhauser