



# 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  
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Cancer of the cervix (cervical cancer), is the fourth most common cause of cancer-related death among women worldwide. The best way to detect cervical cancer is by having regular Papanicolaou tests, or Pap smears. (Pap is a shortened version of the name of the doctor who developed the screening test.) A Pap smear is a microscopic examination of cells taken from the uterine cervix. A Pap smear can detect viral infections such as Human Papillomavirus (HPV), which is known to cause cervical cancer. Early treatment of precancerous changes detected on the Pap smear can stop cervical cancer before it fully develops. A woman may have cervical cancer and not know it because she may not have any symptoms.

The incidence of cancer and deaths from cervical cancer has significantly declined over the years because of prevention, screening, and early detection by the Pap smear. Most abnormal Pap smear results indicate the early stages of disease and need reasonable observation by a doctor.

Over **13,324** women between the ages of **35 and 49 in Erie St. Clair (ESC)** are overdue for their cervical cancer screening test (i.e. somewhere between **3 and 15 years** overdue). **The ESC Regional Cancer Program (RCP) knows it is always better to catch things early, and a Pap test** is the only way to find abnormal cell changes that could lead to cervical cancer.

Book your PAP at any of the PAPaLooza locations:

### 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

## PAPaLooza Cervical Screening Event

It's always better to catch things early  
This October, get your Pap test at any participating clinic below

Physician/Organization	Location	Phone Number	Clinic Date(s)	Clinic Times	Appointment Type	
					Walk-in	Call to Book
Dr. Saleema Abdul-Haseem	Belle River	519-715-9067	All month	—		✓
Amherstburg Family Health Team*	Amherstburg	519-736-7770	October 17	9am-12pm		✓
Dr. Tiffany Czilli	Windsor	519-944-4449	Monday-Thursday	9am-6pm		✓
			Fridays	9am-3pm		✓
Essex County NP-Led Clinic	Drouillard	519-946-0740	October 3	8:30am-12pm	✓	
			October 28	1pm-4pm	✓	
Essex County NP-Led Clinic	Essex	519-776-6856	October 3	8:30am-12pm	✓	
			October 24	1pm-4pm	✓	
Dr. Jennifer Gayagoy	Tecumseh	519-979-5678	Tuesdays	12-8pm	✓	✓
			Wednesdays	12-4pm	✓	✓
			Thursdays & Fridays	8am-4pm	✓	✓
Harrow Health Centre*	Harrow	519-738-2000	October 19	9:15am-3:45pm		✓
			October 27	9:15am-3:00pm		✓
Dr. Ryan Mills	Windsor	519-946-0147	Monday-Thursday	9am-4:30pm		✓
			Fridays	9am-11:30am		✓
Dr. Kouslai Naidoo	Windsor	519-258-7865	October 29	9am-1pm	✓	
Thamesview Family Health Team*	Chatham	519-354-0070 x601	Oct. 18-31 (excluding weekends)	8:30am-2:30pm		✓
Windsor-Essex County Health Unit—Sexual Health Clinic	Windsor	519-258-2146 x1200	Oct. 3-28 (excluding Wednesdays)	9am-12pm, 1-4pm		✓
			Wednesdays in October	1pm-4pm		✓
Windsor Medical Center	Windsor	519-971-2901	Tuesdays & Wednesdays	11am-5pm		✓



[www.ontario.ca/screenforlife](http://www.ontario.ca/screenforlife)

\* Must be a patient of this organization/doctor

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



# UPCOMING EVENTS

**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 19 Brain Injury Assn. Annual Conference**  
 Time: 9:00am  
 Fogolar Furlan Club  
 1800 North Services Road

**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

**JAN 15 Europro Vertical Climb**  
 Time: 8:30am  
 1 Riverside Drive West, Windsor

**MAR 01 2017 Hats On For Healthcare**  
[www.hatsonforhealthcare.com](http://www.hatsonforhealthcare.com)

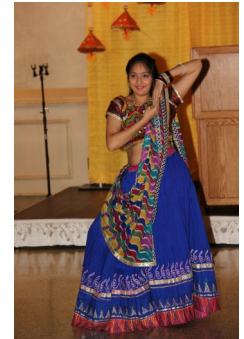


Enteroviruses, such as EV-D68, are similar to the common cold virus and can spread from person to person through coughing and sneezing, close contact with an infected person, or touching a contaminated surface.

## India Canada Dinner A Great Success!

The audience was captivated by India culture when the India Canada Association hosted their annual fundraising gala dinner in support of Windsor Regional Hospital. The event began with comments from Association President, Paresh Jariwala, followed by greetings from the City of Windsor from Mayor Drew Dilkens. David Musyj, President and CEO of Windsor Regional Hospital gave an overview of where we are in the process of the future state-of-the-art acute care hospital and health system.

Entertainment was provided by the University of Michigan's premiere all-female South Asian Fusion Dance Team and Janvi Golawala who performed a solo dance routine. Among the audience of attendees were several professional staff who showed their support for the future hospital system by attending the annual gala dinner.



Photos Above: Guests attending the India Canada Association Gala Dinner.

## Starlight Shines Again

Thanks to the ongoing generosity of Starlight Children's Foundation Canada, an additional \$2,000 dollar donation was received to support Paediatric Child Life Services at Windsor Regional Hospital.

Some of the items that the Starlight grant will provide include a Baby Einstein – Sea Dream Soother, Graco Sweet Slumber Sound Machine, RockaRoo Infant Seat and Bouncearoo Bouncer.



Photo Above (l to r): Loren Floyd (Starlight Children's Foundation), Lisa Galbraith (WRH Child Life Specialist) and Darlene Hearn (Toys R Us)

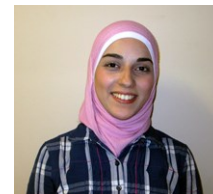
## INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



**April McMaster**  
 RPN  
 7W - MEDICINE



**Joshua Hayden**  
 HOUSEKEEPER  
 GUEST SERVICES



**Dana Channar**  
 ULTRASOUND TECHNOLOGIST  
 ULTRASOUND



**Nurpur Brahmhatt**  
 LAB TECHNOLOGIST  
 MICROBIOLOGY





## A Girls Night Out in Handbag Heaven

Featuring the Auction of Handbags donated  
by Celebrities, Retailers and Generous Individuals

Thursday, October 27<sup>th</sup>, 2016  
GIOVANNI CABOTO CLUB  
Doors Open 5:00 PM / Dinner 6:30 PM



**Tickets**

\$60.00 / \$550.00

Each Table of 10

**To Order:**

Call: 519-735-0211 or  
Email: info@dogooddivas.com

Ticket price includes Dinner,  
Tim Hortons Coffee Bar and much more.

**Master of Ceremonies**

Percy Hatfield, MPP & Jim Crichton, CTV

Proceeds to benefit care and comfort of mental health patients  
at Ouellette Campus of Windsor Regional Hospital.



Handbag Donations Appreciated | Drop off during business hours  
at Guaranteed A Fine Furniture, 4735 Tecumseh Rd. E. Windsor



www.dogooddivas.com



## Do Good Divas Continue To Do Good!



The Windsor Regional Hospital Foundation is grateful for the ongoing support of the Do Good Divas. To date, they have provided **\$230,000** in support at both campuses to Windsor Regional Hospital.

On June 15, 2016 they launched Handbag for Healthcare campaign. Staff, friends and supporters are invited to donate new and gently used purses in support of their campaign.

Purses can be dropped off at the Public Affairs/ Foundation offices at either the Met or Ouellette Campuses.



## ComiCon For A Cause

Have you ever dreamed of meeting a superhero, fantasized about sitting in the legendary BatMobile, or imagined what it would be like to have a conversation with an actor from a TV Show? Well now you can! Windsor's ComiCon is coming up soon and you do not, under any circumstances, want to miss this event. In the worlds of Comics, Sci-Fi, Horror, Anime, Manga, and Gaming, there are many big names. Sean Astin (Lord of the Rings), Nicholas Brendon (Buffy the Vampire Slayer), Tia Carrere (Relic Hunter and Wayne's World), Jason Priestley (90210), and Lou Ferrigno (The Hulk) are just a few of the big names from these worlds and they are coming here to Windsor's very own ComiCon!

There will be celebrity Q&A sessions, celebrity photo-ops, celebrity autograph sessions, a kids zone area, comic sketch duels, an artist's alley area, a cosplay panel including cosplay guests, BatMobile photo-ops, and a huge shopping area. Also, new this year is a retro video game lounge. Windsor's ComiCon has been kind enough to name Windsor Regional Hospital Foundation as this year's official beneficiary! They will be accepting donations at the gate on October 15th and 16th and all of it will benefit the Windsor Regional Hospital Foundation.

This awesome event will be taking place October 15th and 16th, 2016 at Caesars Windsor. It is an all-ages convention, make it a great time for the entire family! The gates open at 10:00am and close at 6:00pm on Saturday, October 15th and will open again at 10:00am and close at 5:00pm on Sunday, October 16th. Tickets are available at the Windsor ComiCon box office located at Caesars Windsor and online at [www.windsorcomicon.com](http://www.windsorcomicon.com). More information about the convention is also available on this site, as well as a full list of guests. Tickets are selling like crazy so you better get them before it is too late! Hope to see you there!

Story submitted by Delaney Krieger, WRH Co-Op Student







## 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](http://www.wrhsuicidepreventionday.ca)



## Warm Potato, Corn & Sausage Salad

Makes 8 servings / Preparation: 15 min / Cooking Time: 20 min

### INGREDIENTS

- 1-1/2 lb (750 g) small Ontario White Potatoes, scrubbed
- 1 each Ontario Sweet Red and Orange Pepper
- 2 cobs Ontario Sweet Corn, cooked
- 3 Ontario Green Onions, sliced
- 2 cups Ontario Smoked Sausage, such as kielbasa, diced
- 2 tbsp chopped fresh Ontario Parsley

### DRESSING

- 1/3 cup olive oil
- 2 tbsp red wine vinegar
- 1 clove Ontario Garlic, minced
- 1/2 tsp salt - 1/4 tsp pepper



### METHOD

In large saucepan, cover potatoes with cold salted water; bring to boil. Reduce heat and simmer until tender, about 15 minutes. Drain, rinse and let cool enough to handle; cut in half or quarters, depending on size of potatoes. Meanwhile, cut red and orange peppers into quarters, removing stems and seeds. Place on preheated barbecue grill over medium heat; grill until softened and slightly charred, 15 to 20 minutes. Let cool enough to handle; chop. Cut kernels from corn and place in large bowl. Add potatoes, peppers, green onions and sausage. **DRESSING:** In small bowl, combine oil, vinegar, garlic, salt and pepper; add to potato mixture and gently toss. Sprinkle with parsley. Serve warm. **NUTRIENTS Per Serving:** Calories: 260, Protein: 8g, Total Fat: 14 g, Carbohydrates: 27g

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](mailto:info@all4mamas.com) · Call: 519-792-4839 OR

Register Online:  
[www.all4mamas.com](http://www.all4mamas.com)

**PRICE INCLUDES:**  
Entrance to Mommy Market, pasta and salad lunch, coffee, tea, registration to the 5km walk, face painting, costume parade, bouncy castle, family yoga class

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

**Cost \$135**  
9:00am - 4:30pm  
Egolar Eurlan Club  
1800 N Service Rd  
Windsor, ON

4th Annual Conference  
**The Collaborative ABI Journey**

**19 OCTOBER**

The Brain Injury Association of Windsor & Essex County is hosting its fourth brain injury conference, **The Collaborative Journey** on October 19<sup>th</sup>, 2016. This conference is geared towards clinicians, individuals with acquired brain injuries and their families.

#### KEYNOTE SPEAKER I



**Dr. Keith Sequeira**  
Physiatrist, Parkwood - SJHC  
**Dealing with Headaches and Pain Following ABI**

#### KEYNOTE SPEAKER II



**Donna Lee Zmenak**  
Speech Language Pathologist  
**Incorporating Mindfulness and Meditation in ABI Care**

#### CONFERENCE SPEAKERS

##### Breakout Session 1:

**Topic A (for clinicians): Anger Management: What Works, What Doesn't, With Whom & Why**  
Dan Pettapiece, Psychotherapist, Parkwood - St. Joseph's Health Care

**Topic B (for individuals with ABI & caregivers): Failing to Succeed - Using Failure as a Stepping Stone**  
Patricia Fleet, Occupational Therapist, Bayshore Healthcare

**Perspective of an Individual with ABI**  
Kathy Worotny, BIAWE Board Member

##### Breakout Session 2:

**Topic C (for clinicians): The Big Six: Problems with Vision after Brain Injury**  
Dr. Cheryl Letheren, Optometrist, Parkwood - St. Joseph's Health Care

**Topic D (for individuals with ABI & caregivers): Mindfulness and Meditation after ABI: Practical Applications for Clients and Caregivers**  
Donna Lee Zmenak, Speech Language Pathologist

**"Brag & Steal: Rapid Presentations on Local Innovation"**

Please note: Topics and speakers may be subject to change.

