



# FRONTLINE TRIBUNE

OCTOBER 10, 2016

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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

## IN THIS WEEK'S ISSUE

## Garden To Table At WRH

**1** • GARDEN TABLE AT WRH

Windsor Regional Hospital's Community Garden was a great success. It was launched in the spring of 2015 by staff, volunteers, retirees and family members of patients who planted and tended to gardens located at both the Met and Ouellette Campus.

**2** • MESSAGE FROM OCCUPATIONAL HEALTH: SCENT/FRAGRANCE POLICY  
• NEW FACES AT WRH  
• SCHEDULE OF EVENTS

The garden offerings included lettuce, tomatoes, and cucumbers this year. The harvest was used to supplement patient meals but more importantly it was a good use of space at both sites. Surplus food was distributed to local food banks.

**3** • SUICIDE PREVENTION DAY  
• CINDY'S FASHION SHOW A SUCCESS!  
• HALLOWEEN BINGO CHARITY NIGHT  
• ALL 4 MAMAS FAMILY FALL FEST

Many thanks to all the tireless volunteers who planted, tended, weeded and harvested vegetables throughout the season.

**4** • EASTERN CARIBBEAN CRUISE  
• BRAIN TUMOUR CONFERENCE  
• RECIPE OF THE WEEK  
• BRAIN INJURY ASSN. CONFERENCE

Special thanks to widower, Thomas Maika who spent countless hours helping again this year. He told us that he wanted to give back because his wife had received such great care at the Ouellette Campus that he wanted to give back!

## 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](mailto:frontlinetribune@wrh.on.ca)

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## VENDORS ON DISPLAY (OCT. 11-14, 2016)

**MET CAMPUS:** Just Jewellery, Brands 4 Less, On Trend Gifts, Envy Boutique

**OUELLETTE CAMPUS:** Just Jewellery, Barbs Healthcare



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



@WRHospital

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 Charity Night**  
Time: 7:45pm  
Breakaway Bingo  
655 Crawford 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



This fall, get your flu shot. The seasonal influenza vaccine is safe and the most effective way of preventing the spread of influenza.

## A Message from Occupational Health & Safety Scent / Fragrance Policy

A reminder to all staff, professional staff, students, volunteers and patients that Windsor Regional Hospital is committed to ensuring a healthy, safe and accessible environment exists. The Scent/Fragrance Policy strives to ensure that fragrances from chemical substances, physical agents and biological substances are eliminated whenever possible or minimized within the facilities. All are reminded to refrain from wearing scented personal care products and/or bringing any scented products such as air fresheners into the hospital.

This is a reminder to ensure a safe and healthy work environment is maintained and occupational illness and injury is prevented as required by the Occupational Health and Safety Policy Statement.

See Policy Number OHS-28- Scent/Fragrance Policy on the intranet for more details.

**SCENT SENSITIVE ENVIRONMENT**

Windsor Regional Hospital request that all employees, physicians and volunteers as well as patients and visitors refrain from wearing products with strong scents or fragrances.

Many people have sensitivities to common chemical and environmental stimuli.

Thank you for contributing to a healthy & safe environment for all.

COMPASSION is our PASSION

**SCENT SENSITIVE ALERT**

Person(s) in this area have been identified as having adverse health effects upon exposure to strong scents.

Please refrain from using or wearing scented products in this area.

COMPASSION is our PASSION

Thank you for contributing to a healthy & safe environment for all.

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



Ontario's Organ and Tissue Donation Agency

**beadonor.ca**

[www.facebook.com/trevor.funkenhauser](http://www.facebook.com/trevor.funkenhauser)

### INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



**Paige Black**  
RPN  
6W - INPATIENT SURGICAL



**Richard Fraser**  
PET VISITATION  
VOLUNTEER SERVICES



**Adrianna Abraham**  
LAB TECHNOLOGIST  
LAB-IMMUNOHEMATOLOGY



**Hannah Sweilem**  
REGISTERED NURSE  
7W - MEDICINE



## 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)

## Cindy's Fashion Show - A Great Success!

Many thanks to Cindy's Home & Garden. A Fashion Show was held on September 28, 2016, where ladies were treated to the latest fashions, shopping and local foods. Funds raised support the Breast Health Centre at Windsor Regional Hospital.



## CHARITY BINGO NIGHT

655 Crawford, Windsor

Charity No. W939

### Halloween CHARITY NIGHT Costume Contest

Friday, October 28<sup>th</sup> at 7:45pm  
All Charity Members,  
Friends and Family are Invited!

For each charity member, friend or family member registered on site you will receive:

**\$10.00/Person for your Charity!**

Dress up in your favorite Halloween costume  
Top costume will win a Big Screen TV!

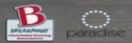
Runner up will receive a \$300 Canadian Tire gift/gas card!  
3<sup>rd</sup> 4<sup>th</sup> and 5<sup>th</sup> place will receive \$100 Canadian Tire Gift Cards!  
5 Random draws for those in Costume for \$100 Gift Cards!  
Top 5 costumes will be determined by Judges  
Winners will be determined by customer vote!

Join Us, support your Charity and have FUN!

Featuring... **Turbo Trivia!**  
For more prizes

Upcoming Charity Night  
Tuesday, December 13<sup>th</sup>

Charities in attendance must purchase a book individually.  
As per Terms and Conditions, players cannot share a book.



REMEMBER TO BRING YOUR HOSPITAL I.D.

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)

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



BOOK NOW

# 10 DAY / 9 NIGHT Eastern Caribbean Cruise

aboard MSC DIVINA

Departing January 19, 2017



## LAST CALL

General reservations for this cruise are now sold out.

However, at the moment, we still have in our group allotment -

5 BALCONY CABINS

MAKE YOUR RESERVATIONS – TODAY

See our website for itinerary, rates, special discounts, etc.

Choice staterooms and possible upgrades are assigned on a first come basis. **MAKE YOUR RESERVATIONS NOW!**

### Caribbean Cruise

c/o Southland Travel Tel: 519-776-9336 Web: www.southlandtravel.ca



## Stuffing Crust Turkey Pot Pie

Makes 6 servings / Preparation: 35 min / Cooking Time: 20 min

### INGREDIENTS

- 2 cups cooked corn bread stuffing
- 3 to 4 tablespoons chicken broth
- 1/4 cup cream cheese, softened
- 1/2 cup turkey gravy
- 2 cups cubed cooked turkey
- 1 cup frozen broccoli florets, thawed
- 1/2 cup shredded Swiss cheese
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups mashed potatoes
- 1/4 cup half-and-half cream
- 2 tablespoons butter, melted



### METHOD

In a small bowl, combine stuffing and enough broth to reach desired moistness; press onto the bottom and up the sides of a greased 9-in. deep-dish pie plate. Bake at 350° for 10-15 minutes or until lightly browned. In a large bowl, beat cream cheese and gravy until smooth. Stir in the turkey, broccoli, Swiss cheese, salt and pepper. Spoon over crust. In a small bowl, combine potatoes and cream; spread over turkey mixture. Drizzle with butter; sprinkle with onions if desired. Bake 20-25 minutes or until heated through and lightly browned. Yield: 6 servings.

**NUTRIENTS Per Serving:** Calories: 389, Protein: 22g, Total Fat: 20 g, Carbohydrates: 30g, Sodium 910 mg



On October 22, 2016  
We will live stream the first  
Brain Tumour National Conference  
live from Toronto, ON

Join us:  
Windsor Regional Hospital - Ouellette Campus  
Room: Essex Room, 1st Floor / Administration Hall

Live Streaming from 8:30am - 12:10pm



Learn about the latest research discoveries, treatments and help available to brain tumour patients, survivors and their caregivers. This event is also for health care professionals wanting to support their patients, learn and network.

In the afternoon there will be further live streaming with a panel on Clinical Trials and the Patient Experience, as well as Dr. Kenneth Shonk presenting: 'Jest for the Health of It.'

Learn more about the conference at: [www.BrainTumour.ca/BrainTumourConference](http://www.BrainTumour.ca/BrainTumourConference)

RSVP to:  
Sean Hopkins  
[Sean.Hopkins@wrh.on.ca](mailto:Sean.Hopkins@wrh.on.ca)

or by phone  
519-254-5577 x33932

### To hear:

- A Personal Story of Hope  
Steve and Iris Rawlings
- How genetics affect your child's brain cancer journey  
Dr. Sorana Morrissy
- Exploring the effects of radiation and its impact on metastatic brain cancer  
Dr. Paula Foster
- Mindfulness and brain tumours – finding your way through the storm  
Dr. Steven Selchen and Dr. Janet Ellis
- "I don't want to get high, I want to get help!" understanding medical cannabis  
Dr. David Hepburn



620 Colborne St.  
Suite 301  
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N6B 3R9  
519.642.7755  
1 (800) 265.5106  
519.642.7192  
[www.braintumour.ca](http://www.braintumour.ca)

"I wouldn't be here if it wasn't for my friends at Brain Tumour Foundation of Canada. Every single day of my life is a gift."



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.

