



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
Met Campus-1995 Lens Avenue, Windsor, N8W 1L9 / Ouellette Campus-1030 Ouellette Avenue, Windsor, N9A 1E1

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Quality Of Life Survey Gives You A Voice

The Windsor Regional Hospital Quality of Work Life Survey is now available for completion through November 20, 2016. The survey can be completed online and copies of the survey are available in Human Resources at both Met and Ouellette campuses for those having no access to a computer. Completing the survey gives you the opportunity to enter a ballot for one of two IPADS to be drawn after November 20, 2016.

The Quality of Work Life Survey is an important barometer providing Windsor Regional Hospital with valuable information on your views and overall work environment. The survey is voluntary and completely confidential. If you want to discuss an issue after completing the survey, please contact Human Resources personally.

The feedback you provide helps Windsor Regional Hospital make improvements in various aspects of your work life, including policy or process changes and program improvements.

A reminder that completing the survey gives you a voice in your area of work. It is simple to do and does not take long to complete. The online survey can be found online at www.wrhone.ca.

Thank you for completing the survey within the next few weeks. If you have any questions or concerns, contact Melissa Simas, Manager, Human Resources at Ext 32532 or melissa.simas@wrhone.ca

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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QUALITY OF WORK LIFE



Quality of Work Life (QWL) refers to the favorableness or unfavorableness of a job environment for people working in an organization!

BOOKFEST READING / OCTOBER 18, 2016

Join us to hear local author/poet, Mary Ann Mulhearn read from one of her latest books.
Met Campus, 1st Floor Lobby (in front of switchboard) at 2:00pm.



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



@WRHospital

Visit our website for more information at www.wrhone.ca



UPCOMING EVENTS

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 22 **Brain Tumour National Conference**
 Time: 8:30am - 12:10pm
 Conference live streaming from
 WRH Ouellette Campus

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

OCT 29 **Halloween Bingo 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

MAR 01 **2017 Hats On For Healthcare**
www.hatsonforhealthcare.com



After 8 years of Human Papilloma Virus (HPV) vaccination, the reduction in the incidence of cervical neoplasia (abnormal growth of cells), including pre-cancers, have been reduced by approximately 50 percent. The vaccine is now available for boys.



FIRE SAFETY MONTH OCTOBER 2016

DAILY INSPECTION TIPS

- Fire Doors** – used to contain smoke and fire between fire zones
- Held open by magnet/close automatically when an alarm is activated
 - Ensure doors close without obstruction
- Evacuation Routes** – Stairwells and Exits
- Ensure routes are free from obstruction – doorways must always be clear
- Fire Extinguishers and Fire Hoses** – must always be accessible
- Ensure items are never stored in front or below extinguishers and hose cabinets
- Fire Alarm Pull Stations**
- Ensure items are NEVER stored in front, or items installed near Fire Alarm Pull Stations that would prevent easy access
- Clear Path/Hallway** – consider storage, clutter and clean up
- Ensure hallways are free of clutter and orderly so that people, hospital beds and life support equipment can be easily moved in an evacuation scenario

The above requirements are mandated by law under the Fire Code of Ontario. Failure to comply may result in corporate and individual fines.

DID YOU KNOW?

The **Call Bell System** is tied into the Fire Alarm System. If a smoke detector or other alarm is triggered inside a patient room, the Call Bell System will provide immediate notification.

Both WRH Campuses have **full sprinkler/fire suppression systems**.

As per the Building Code and Fire Code, **ALL DOORS** must be designed with a specific fire rating to ensure heat and fire is kept on one side (average rating is 45 minutes).

Fire Zones within a building must be separated by walls that go from floor to ceiling in order to ensure they are totally sealed and able to contain smoke and fire to the zone that it originated in.

Emergency Code kits are on every Unit/Department that include an evacuation map specific to your location in the building. It should be covered in Unit/Department Orientation. It also indicates the locations of all extinguishers and hoses.

Ouellette Campus location  **WRH EMPLOYEES SPECIALS!**

Feast on these Takeout Offers!

2 Large Pizzas 2 large cheese pizzas + 3 toppings	\$29⁹⁵ + TAX
Extra Large Pizza Extra large cheese pizza + 3 toppings, house salad and 4 cans of pop	\$25⁹⁵ + TAX

To order, call ext. 31110 (allow 30 minutes notice)
 Offer valid Monday – Friday between 2pm - 7:30pm
 Latest offerings, visit facebook.com/armandospizza.wrh.ouellette

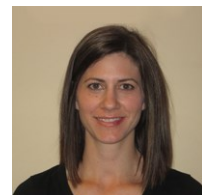
INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Laura Dunn
 PHARMACIST
 PHARMACY



Dominique Stuart
 CO-OP STUDENT
 VOLUNTEER SERVICES



Jennifer Lenz
 OCCUPATIONAL THERAPIST
 OCCUPATIONAL THERAPY



Brenden Crundwell
 BUS DRIVER / PORTER
 CENTRAL SUPPLY ROOM



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



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

RSVP to:

Sean Hopkins
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



© Brain Tumour Foundation of Canada, 2016

"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."



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519.642.7755
1 (800) 265-5106
519.642.7192
www.braintumour.ca

Windsor Spitfires Meet & Greet

The Windsor Spitfires promotional department planned meet and greet sessions with Paediatric patients throughout the hockey playing season as a way to cheer the spirits of young patients. The players visited the units, offering photo opportunities and signed autograph programs as they visited. This is a big year for the Windsor Spitfires and the organization as they will host the Memorial Cup in May 2017.



Photo above:

Windsor Spitfire players, Patrick Sanvido, Jeremiah Addison and Logan Brown with patients, Chase Delisle and Donovan Smith in the Paediatric Oncology Unit.

Super Ethan!

The family of Ethan Abdul-Marrih held their 2nd Annual Super Ethan Steps, a walk/run held at Seaclyffe Park in Leamington on September 25, 2016. Through the help of family, friends, hospital staff and Primo Foods, they raised \$14,400 for Paediatric Oncology and Child Life Services. The event also promoted Childhood Cancer Awareness that took place through the month of September.



Photo Above:

Jennifer Burton Liang, Child Life specialist accepting a donation of \$14,400 from Charlie, Ethan and Nicole Abdul-Marrih.



CHARITY BINGO

655 Crawford, Windsor

NIGHT

Charity No. W939

Halloween CHARITY NIGHT Costume Contest
 Friday, October 28th 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!
 3rd 4th and 5th 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 13th

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.



Leek, Mushroom & Cheese Frittata

Makes 4 servings
Preparation: 10 min
Cooking Time: 20 min



INGREDIENTS

- 1 tbsp butter
- 2 cups sliced halved well-washed Leeks (white part only)
- 2 cups sliced Mushrooms (about 4 oz/125 g)
- 1/2 cup cream cheese with garlic and herbs
- 6 Eggs
- 1/4 tsp each salt and pepper

METHOD

In 10-inch (25 cm) ovenproof non-stick skillet, melt butter over medium heat. Add leeks and mushrooms; cook, stirring often, for about 5 minutes or until softened. In medium bowl, beat cream cheese to soften. Beat in eggs, 1 at a time, until smooth. Season with salt and pepper. Pour into skillet and stir gently with wooden spoon to combine with leeks and mushrooms. Cover and reduce heat to low; cook until set and lightly puffed, 8 to 10 minutes. Adjust oven rack 4-inches (10 cm) below broiler element; turn on broiler. Broil until lightly golden, about 2 minutes.

NUTRIENTS Per Serving:

Calories: 245; Protein: 12g; Total Fat: 18 g; Carbohydrates: 10g; Sodium 405mg

Breast Health Month

Take a step in the right direction and **WIN a Fitbit Alta!**



Book your OBSP Mammogram in October and be automatically entered to win a Fitbit Alta!
Call to book: 519-253-0903

No referral from a doctor is required for Ontario Breast Screening Patients

Brain Injury Association
 of Windsor & Essex County

Cost \$135
 9:00am - 4:30pm

Eogalar Furlan 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 19th, 2016. This conference is geared towards clinicians, individuals with acquired brain injuries and their families.

KEYNOTE SPEAKER I



Dr. Keith Sequeira
 Psychiatrist, 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.

