



# FRONTLINE FEBRUARY 8, 2016

# TRIBUNE

VOLUME 4 / EDITION 6



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

- 1 • JOE AND CIARAVINO FAMILY GIVE BACK THROUGH ANTONINO'S PIZZA
- 2 • KUDOS TO 6TH FLOOR EAST & WEST  
• NEW FACES AT WRH  
• SCHEDULE OF EVENTS  
• SIGVARIS COMPRESSION STOCKINGS
- 3 • RANDOM ACT OF KINDNESS  
• NATIONAL BANK FINANCIAL  
• HEALTHY LIFESTYLE RECIPE  
• CAR SEAT CLINIC SCHEDULE
- 4 • #WEAREREADY  
• ANTONINO'S HEART PROMOTION  
• 2016 HATS ON FOR HEALTHCARE

## Joe and Ciaravino Family Give Back Through Antonino's Original Pizza!

Since 2001, Antonino's has supported the Cardiac Cath Lab/Angioplasty Program at the Ouellette Campus by giving back! The annual February Heart-Shaped Pizza, and Nutella pizza or cinnamon sticks are a tradition that has raised \$3,375 to date. 2016 is no exception! The Heart-Shaped Pizza campaign is back throughout the entire month of February.

It was 1959 when Tony Ciaravino opened the first pizzeria in South Windsor. With its thin crispy crust, fine cut pepperoni and flavourful sauce, it quickly became a Windsor institution! Today, more than 30 pizzerias can trace their roots back to Antonino's original pizza recipe.

In 1999, the first Antonino's Original Pizza (pizzeria) opened under that name at the corner of Howard Avenue and North Talbot Road. Years later, a second location opened on Tecumseh Road East in Tecumseh.

A strict devotion to Antonino's original recipe, combined with an unyielding insistence on using nothing but the best local quality ingredients, Antonino's pizza is the freshest and finest because they use Red Roses flour, the area's freshest ripened tomatoes, 100% whole milk and Galati mozzarella cheese made right in Windsor. The shredded pepperoni is lean and loaded with premium bacon. Frozen ingredients are never used. Fresh mushrooms, anchovies (on the side if you wish) and other toppings are the best selected. The thin, crisp dough is hand made and baking is direct from crust to hot stone oven, with cornmeal separating and preventing burning. The dough contains no sugar, therefore, one of the healthiest pizzas around.

This is not meant to sound like a commercial but rather, a tribute to a generous family who have been giving back to their community for decades. Windsor Regional Hospital is pleased to promote Antonino's Original Pizza because Joe and his family have stepped forward each year, wanting to support the hospital and those who require care in the Cardiac Cath Lab/Angioplasty Program. Thank you Joe and Ciaravino family for caring!

You have the remainder of February, including Valentine's Day to order your heart-shaped pizza. (see flyer on back page).



**ORDER A HEART SHAPED PIZZA**  
**NUTELLA PIZZA OR CINNAMON STICKS**  
**FEBRUARY 1ST - FEBRUARY 28, 2016**

\*\$1.00 from the sale of each heart-shaped menu item will be donated to the Windsor Regional Hospital Cardiac-Angioplasty Program

## 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)

**Ron Foster, Editor**  
[ron.foster@wrh.on.ca](mailto:ron.foster@wrh.on.ca)  
519-254-5577 ext. 52003

**Gisele Seguin**  
[gisele.seguin@wrh.on.ca](mailto:gisele.seguin@wrh.on.ca)  
519-254-5577 ext. 52008

**Steve Erwin**  
[steve.erwin@wrh.on.ca](mailto:steve.erwin@wrh.on.ca)  
519-254-5577 ext. 33350

**David Lenz**  
[david.lenz@wrh.on.ca](mailto:david.lenz@wrh.on.ca)  
519-254-5577 ext. 32539



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



@WRHospital

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



# UPCOMING EVENTS

**FEB 09** **Blood Pressure Screening Clinic**  
Time: 12:00pm - 3:00pm  
Ouellette Campus, Vendor Hallway

**FEB 13** **Car Seat Clinic**  
Time: 10:00am  
Windsor Fire Station  
850 Goyeau Street

**MAR 02** **Hats On For Healthcare**  
Locations throughout Windsor-Essex  
[www.hatsonforhealthcare.com](http://www.hatsonforhealthcare.com)

**APR 12** **Blood Pressure Screening Clinic**  
Time: 12:00pm - 3:00pm  
Met Campus, Vendor Hallway

**MAY 10** **Blood Pressure Screening Clinic**  
Time: 12:00pm - 3:00pm  
Ouellette Campus, Vendor Hallway

**JUN 09** **WRH Annual Golf Tournament**  
Essex Golf & Country Club  
7555 Matchette Road, LaSalle

## Kudos To 6th Floor East & West, Ouellette

They rolled up their sleeves, focused, and completed a 5S initiative on the 6th Floor of the Ouellette Campus, similar to accomplishments made on the 7th and 8th floors at Met Campus and 8th floor at Ouellette over the last few months.

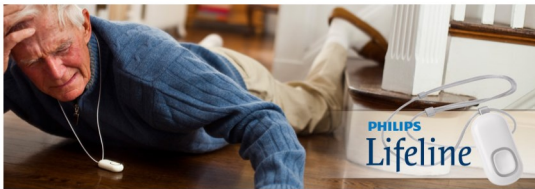
Orthopedics on 6E saw many areas reorganized and standardized to improve efficiency for staff on the unit. Signage was a key factor at identifying changes made. Improved work space was important to staff. On the General Surgery 6W side, new chart flags will assist staff and allied health with patient progress during their stay and dedicated medication rooms on each wing will assist with improved medication safety.

The end result saw medical equipment placed in permanent dedicated areas, making the unit spaces more user-friendly and providing systemized and maximized workflow. Thanks SOP leaders for guiding the team through standardizing and optimizing best practices.



PHOTO ABOVE: Jordan Smith, Jeff Geml, Lucy Saliba, Tera-Ann Glasgow, Rachel Twohey, Nick Sapardanis and Kelly Heron. Those not in photo however, key members of the 5S team also include; Monika Marshall, Pam Essery, Wendie Turnbull, Lily Desamito and Cole Robbins. Many others also assisted through the 5S week initiative.

## How would you get help at a moment like this?



When you experience a fall, medical issue, or other emergency, every second counts. If you are alone, delayed medical care can jeopardize your recovery and your independence! The Philips Lifeline Medical Alert Services provides simple, fast access to help 24 hours a day, 365 days a year.

### Lifeline, the #1 medical alert service:

- Is trusted by thousands of hospitals
- Is recommended by over 65,000 healthcare professionals
- Has helped provide more than 6 million people with the piece of mind and confidence to help maintain independent living at home

[www.lifeline.ca](http://www.lifeline.ca)



Noroviruses account for up to 24 percent of sporadic gastroenteritis and are the most common cause of enteric outbreaks in health care facilities.

**SIGVARIS**  
LIFE FOR LEGS

Sigvaris Compression Stockings offers just the right stocking for every situation in life, elegant and very stylish or comfortable and casual.

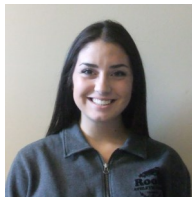


## We Care Pharmacy is now an authorized fitter and provider of Sigvaris Compression Stockings.

Most of the hospital Green Shield plans pay for compression stockings and there are a lot of newer styles to choose from including athletic and running, casual, dress socks, etc.

Visit the We Care Pharmacy at the Ouellette Campus for more information.  
(Reminder free parking in the garage for staff visiting from the Met Campus)

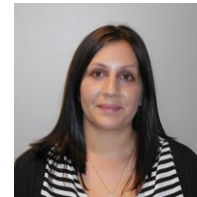
## INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



**Natasha Pescara**  
VOLUNTEER  
VOLUNTEER SERVICES



**Rosemary Logan**  
LAB TECHNOLOGIST  
LABORATORY



**Jessica Obeid**  
REGISTERED NURSE  
6 EAST SURGERY



**Kamillo Lamosa**  
VOLUNTEER  
VOLUNTEER SERVICES

# Receive world class investment advice and support Windsor Regional Hospital at the same time!



Give us a call at 519-258-0504 and one of our advisors will meet with you to determine if this program is right for you.

[www.mallenderwealth.ca](http://www.mallenderwealth.ca)



National Bank Financial is an indirect wholly-owned subsidiary of National Bank of Canada which is a public company listed on the Toronto Stock Exchange (NA: TSX). National Bank Financial is a member of the Canadian Investor Protection Fund (CIPF).

## Random Act Of Kindness

February is noted as Random Act of Kindness Month and teens from Hugh Beaton Public School did not waste time to show their support to Windsor Regional Hospital.

On February 1, four young students from Grade 6 to 8 at Hugh Beaton randomly showed up at the Met Campus to donate creatively-made get well cards for Paediatric patients.



PHOTO ABOVE (l to r): Jasmine Blanchard, Jessie Dowson, Hailey Langlois and Aubrey Krieger from Hugh Beaton Public School

## Spicy Roasted Peach & Yogurt Parfaits

Makes 6 servings  
Preparation: 15 min / Cooking: 20 min



### INGREDIENTS

- 3 Tbsp packed brown sugar
- 1/4 tsp ground ginger
- 3 peaches, cut into small wedges
- 1/2 cup unsalted sunflower and /or pumpkin seeds
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- Pinch ground allspice
- 2 cups of plain yogurt

### METHOD

Preheat oven to 400°F (200°C). Line a small baking sheet with parchment paper. In a small bowl, combine sugar, cinnamon, ginger and allspice. Place peaches in an 8-inch (20 cm) square glass baking dish; sprinkle with half of the sugar mixture and toss gently to coat. Spread in a single layer. Roast for about 15 to 20 minutes or until peaches are tender and lightly browned. Let cool slightly, or to room temperature. Meanwhile, in a small skillet, toast sunflower seeds and/or pumpkin seeds over medium heat, stirring constantly, for about 3 minutes or until starting to turn golden; add remaining sugar mixture cook, stirring, for about 2 minutes or until toasted and glazed. Spread out onto parchment paper and let cool. To assemble, in a bowl, combine yogurt and vanilla. Divide half of the yogurt equally among 6 dessert dishes and top with half of the roasted peaches, then half of the glazed seeds; repeat layers. The peaches can be roasted up to 8 hours ahead. Let cool, then cover and store at room temperature until assembling the parfaits. The seeds can be toasted up to 3 days ahead; once cooled, store in a cookie tin at room temperature. The parfaits are best assembled just before serving.

NUTRIENTS Per Serving : Calories: 175; Protein: 11g; Total Fat: 6 g; Carbohydrates: 21g; Sodium 33 mg

## Car Seat Clinic Schedule 2016

We're here to help. 519-258-2146 ext. 1350  
[facebook.com/safeseats](https://www.facebook.com/safeseats) or [safeseats2013@gmail.com](mailto:safeseats2013@gmail.com)

Clinic Date	Location	Sponsor
January 16, 2016 10:00 am – 2:00 pm	Windsor Fire Station 7 1380 Matthew Brady Ave, Windsor	
February 13, 2016 10:00 am – 2:00 pm	Windsor Fire Station, Main 815 Goyeau Street, Windsor	
March 12, 2016 10:00 am – 2:00 pm	Kingsville OPP Station 41 Division Street South, Kingsville	
April 16, 2016 10:00 am – 2:00 pm	Lasalle Fire Station 1900 Normandy St. Lasalle	
May 14, 2016 10:00 am – 2:00 pm	Amherstburg Fire Station #1 271 Sandwich St. S Amherstburg	
June 11, 2016 10:00 am – 2:00 pm	Formula First Collision 9420 Tecumseh Rd. E, Windsor	
July and August 2016	Please note there are no clinics held in July and August	Please contact us for help if needed: 519-258-2146 ext. 1350 <a href="https://www.facebook.com/safeseats">facebook.com/safeseats</a> <a href="mailto:safeseats2013@gmail.com">safeseats2013@gmail.com</a>
September 10, 2016 10:00 am – 2:00 pm	Windsor Fire Station 7 1380 Matthew Brady Ave, Windsor	
October 15, 2016 10:00 am – 2:00 pm	Lasalle Fire Station 1900 Normandy St. Lasalle	
November 12, 2016 10:00 am – 2:00 pm	Tecumseh EMS Base 975 Lesperance Rd. Tecumseh	
December 10, 2016 10:00 am – 2:00 pm	Amherstburg Fire Station #1 271 Sandwich St. S Amherstburg	

**THE NEW WINDSOR-ESSEX HOSPITALS SYSTEM**

How can you help make this visions a reality?

**#WEareready**



January 25, 2016, Photo Above (l to r) Tom Bain, Warden, County of Essex; Percy Hatfield, MPP Windsor-Tecumseh; Drew Dilkens, Mayor, City of Windsor; Taras Natyshak, MPP, Essex (Lisa Gretzky, MPP Windsor West, absent)

- 1) **Be vocal. Speak up.** Let decision makers know you support the project and you want to see the new proposed Windsor-Essex Hospitals System project move forward. As a resident of Windsor-Essex, you deserve nothing less. Be sure to thank members of Windsor City Council and Essex County Council who demonstrated strong leadership when they voted to support a levy, and our elected MPPs who support the project.

CONTACT	EMAIL	TWITTER
Dr. Eric Hoskins, Minister of Health Phone: 416-656-0943	Ehoskins.mpp@liberal.ola.org	@DrEricHoskins
Taras Natyshak, MPP, Essex Phone: 519-776-6420	Tnatyshak-co@ndp.on.ca	@TarasNatyshak
Percy Hatfield, MPP, Windsor-Tecumseh Phone: 519-251-5199	phatfield-co@ndp.on.ca	@PercyHatfield
Lisa Gretzky, MPP, Windsor West Phone: 519-977-7191	lgretzky-co@ndp.on.ca	@LGretzky
Gary Switzer, CEO, Erie St. Clair LHIN Phone: 1-866-231-5446 x3201	gary.switzer@lhins.on.ca	@SwitzerGary
Drew Dilkens, Windsor Mayor Phone: 519-255-5315	mayoro@citywindsor.ca	@drewdilkens
Tom Bain, Essex Warden Phone: 519-776-6441 x1327	tbain@lakeshore.ca	n/a

- 2) **Share your thoughts publicly.** Write letters to the editor and send them to: [letters@windsorstar.com](mailto:letters@windsorstar.com)
- 3) **Use Social Media and be sure to use the hashtag #WEareready.** It's a great way to continue discussion and engage others to join in.
- 4) **Host an event.** We've had conversations with many groups over the past couple of years. If you want your group/organization to be next on the list, give us a call at 519-995-0577.



Take part in the  
**"HATS ON" FOR HEALTHCARE DAY**  
**WEDNESDAY, MARCH 2, 2016**

2016 CAMPAIGN SUPPORTING THE MENTAL HEALTH PROGRAM AT WINDSOR REGIONAL HOSPITAL

The 7th Annual "Hats On For Healthcare Day" is a fundraising initiative supporting Windsor Regional Hospital where individuals, organizations and companies can either participate by fundraising or sponsoring the event.

Participating individuals and organizations, together with their employees, members and clients are invited to put on their unique and creative head attire, make a \$2.00 donation for stickers or \$5.00 for buttons and take part in many entertaining activities to help raise funds for the Mental Health Program at Windsor Regional Hospital.

Participating in the 2016 "Hats On" For Healthcare is a great way for your department or unit to support Windsor Regional Hospital and show the community that our employees care about healthcare in the community.

**Register your department or unit today and make a difference!**

[www.hatsonforhealthcare.com](http://www.hatsonforhealthcare.com)



**ORDER A HEART SHAPED PIZZA**  
**NUTELLA PIZZA OR CINNAMON STICKS**  
**FEBRUARY 1ST - FEBRUARY 28, 2016**

**SUPPORT THE CARDIAC-ANGIOPLASTY PROGRAM**



**SOUTH WINDSOR**  
**519-969-1959**  
4310 Howard Avenue  
(North Talbot Rd)



**TECUMSEH**  
**519-979-9759**  
1695 Manning Road  
(EC Row & Manning Rd)

*The Best Pizza in town or  
your money back...Every Penny!*

**\*\$1.00 from the sale of each heart-shaped menu item will be donated to  
Windsor Regional Hospital Cardiac-Angioplasty Program**

[www.wrh.on.ca](http://www.wrh.on.ca)