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COMPASSION is our
PASSION



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WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

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@WRHospital

#WEareready

#WEareready - Emergency Services will be ready!

Every year, Windsor Regional Hospital cares for 110,000 patients in its two Emergency Departments. "It always seems to me like we get busier and busier," says Dr. Paul Bradford, Medical Director of Emergency and Trauma Services at the Ouellette Campus.

An aging population means increasing demands on Emergency Departments. Hospitals have to get creative and look for innovative ways to deliver care. According to emergency care experts from this region, the Windsor-Essex Hospitals System is a "game changer".

It will provide a state-of-the-art hospital with advanced technology and well-equipped knowledgeable staff to care for very ill patients requiring inpatient treatment.

An urgent care centre will enhance care for those patients who can walk in and receive immediate care, with backup diagnostics, laboratory testing and pharmacy/medication needs well within a time limit that would exceed an acute care hospital emergency visit. That's the "game-changer" on the horizon. That is what is in the future for Windsor/Essex.

#WEareready - Professional Staff are ready!

The Medical and Dental Leadership of Windsor Regional Hospital, in total unification, sent a message to the Minister of Health and Long Term Care recently declaring their unified support for the Windsor-Essex Hospitals System and the need for our region to move to Stage 2 in the planning process.

Here's a Team to Look up To!

Ron Foster was amazed at the height around him as two Windsor Express players considered a three-pointer by tossing him into the nearest basketball net!

Members of the Windsor Express Basketball Team visit Paediatric Services during their season home games. As a way to meet and greet young patients, they bring joy and hope to children and their families by just saying hello and providing a token gift as they tour. A reminder that the Windsor Express will host a 'Hats On For Healthcare' night at the WFCU Centre on Thursday, March 3 during the 7:30pm game. The Foundation Offices at Met and Ouellette Campus has \$2 tickets for the game and we encourage staff and volunteers to come out, wearing your favourite or zany hat to show your support, both for the team and for Windsor Regional Hospital.



Visit our website for more information at www.wrh.on.ca

UPCOMING EVENTS

- MAR 02** **Hats On For Healthcare**
Locations throughout Windsor-Essex
www.hatsonforhealthcare.com
- MAR 03** **Windsor Express Game for Hats On**
Time: 7:30 pm at WFCU Centre
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
- MAY 14** **Car Seat Clinic**
Time: 10:00am
Amherstburg Fire Station #1
271 Sandwich Street South
- JUN 09** **WRH Annual Golf Tournament**
Essex Golf & Country Club
7555 Matchette Road, LaSalle
- JUN 11** **Car Seat Clinic**
Time: 10:00am
Formula First Collision
9420 Tecumseh Road East
- JUL 12** **Blood Pressure Screening Clinic**
Time: 12:00pm - 3:00pm
Met Campus, Vendor Hallway
- AUG 09** **Blood Pressure Screening Clinic**
Time: 12:00pm - 3:00pm
Ouellette Campus, Vendor Hallway
- SEP 10** **Car Seat Clinic**
Time: 10:00am
Windsor Fore Station 7
1380 Mathew Brady Avenue
- OCT 11** **Blood Pressure Screening Clinic**
Time: 12:00pm - 3:00pm
Met Campus, Vendor Hallway



The consistent and appropriate use of Routine Practices by all healthcare providers will lessen microbial transmission in the clinical office setting.

Preparing for Organ & Tissue Awareness Month



Currently, over 1,000 people in Ontario are waiting for a life-saving organ transplant. Every three days, one of those people dies unnecessarily. The fact that only 29% of Ontarians are registered as donors highlights the need for more awareness and action to improve donor registration.

Windsor itself ranks 164 out of 179 communities in Ontario with a registration rate of only 25%. And the fact is that right here in Windsor, there are 24 people waiting for a life-saving organ transplant.

A Steering Committee is now meeting to plan for Organ and Tissue Awareness Month and want to leave an impression on all of us; staff, volunteers, Board members, professional staff and the public. More information will be shared as planning continues; however, anyone can register anytime as a donor.

Gone is the myth that having signed your driver's license form, you are a donor. That is not true. To officially register, and it is very easy, go to www.beadonor.ca and register. You must register on line to be a donor. By registering, you could be in a situation one day where one of your vital organs or tissue is used in a transplant to save a life. That can only happen if you are registered. It's harmless, easy and truly satisfying to know you made a difference by registering. A person as young as 16 years of age can register as a donor.

Transplants not only save lives, they return recipients to productive lives, the lives of people in our own region. Visit www.beadonor.ca.

Hats on For Healthcare on the Air!

Elaine Snaden and Hats on For Healthcare Committee Members will be promoting the upcoming event as follows:

Saturday, February 27 – 7:35 am – Arms Boominglag Show – AM 800 CKLW Radio
Monday, February 29 – 6:30 pm – Arms Boominglag Weather Report – CTV Channel 6
Wednesday, March 2 – 10:00 am to 2:00 pm – Arms Boominglag AM 800 Radio On-Air Remote in the Goyeau Lobby, Ouellette Campus teleconferenced to the First Floor Met Campus Lobby.

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.

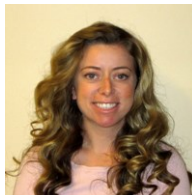


We Care Pharmacy is now an authorized fitter and provider of Sigvaris Compression Stockings.

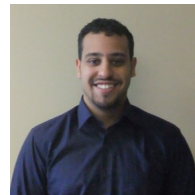
Most of the hospital Green Shield plans pay for compression stockings and there are a lot of newer styles to choose from including athletic and running, casual, dress socks, etc.

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



Danielle Bowes
REGISTERED NURSE
8 EAST NEUROSURGERY



Emmanuel Mikhael
VOLUNTEER
VOLUNTEER SERVICES



Kara Wachter
REGISTERED NURSE
7 WEST MEDICAL



Shelbie Sekersky
RETAIL SERVER
GUEST SERVICES

Super Bowl Revisited

As the Super Bowl activities revved up toward game time on February 7th, Windsor Regional Hospital was planning its own game with knitted 'football cocoons' wrapped around newborns. What has become an annual tradition, Fae Gillespie, President of the Metropolitan General Hospital Auxiliary knits several of the football cocoons with caps which are provided to families of newborns on Super Bowl Sunday. It is a way that the hospital celebrates the special day along with welcoming our youngest patients into the world.



Happy dads showing off their newborns wearing the Super Bowl Cocoons



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USE CORPORATE CODE: WIND\$19A



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BUILDING ON OUR STRENGTHS
THE NEW SINGLE-SITE ACUTE CARE HOSPITAL

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WWW.WINDSORHOSPITALS.CA



Caramelized Onion & Arugula Quinoa

4 Servings

Preparation Time: 15 mins / Cooking Time: 15 min

INGREDIENTS

- 2 onions
- 2 cloves garlic, minced
- 1/2 tsp salt
- 1 cup quinoa, rinsed
- 2 cups milk, heated
- 4 cups chopped trimmed baby arugula
- 1 tbsp. butter
- 1/2 tsp dried thyme
- 1/2 tsp pepper
- 1 tbsp. whole wheat flour
- 1/4 cup water



Arugula has a peppery, slightly bitter flavour which works well with the sweet onions and creamy quinoa. For a milder dish, baby spinach makes a terrific alternative, or, use a mixture of arugula and spinach for just a little punch. When cooking quinoa in milk, it tends to bubble up so using a deep saucepan and keeping an eye on it as it simmers helps prevent a boil-over.

INSTRUCTIONS

Cut onions in half lengthwise and trim out cores. Cut crosswise into thin slices. In a medium, deep saucepan, melt butter over medium-high heat. Sauté onions for 2 minutes or until starting to wilt. Reduce heat to medium-low, cover and cook, stirring occasionally, for about 15 minutes or until very soft and caramelized. Increase heat to medium. Add garlic, thyme, salt and pepper to taste; sauté for 2 minutes. Stir in quinoa and flour; gradually stir in milk and water. Bring to a simmer, stirring occasionally. Reduce heat to low, cover and simmer, stirring twice, for 15 minutes or until quinoa is creamy and tender. Remove from heat and let stand, covered, for 5 minutes. Gently stir in arugula just until wilted.

NUTRIENTS Per Serving :

Calories: 279; Protein: 12g; Total Fat: 8 g; Carbohydrates: 41g; Fibre: 4.5g



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



WINDSOR REGIONAL HOSPITAL SPECIAL

	MARCH 15 - 19
HUT OR DESERT ROOM	\$119
NOMAD ROOM	\$139
AFRICAN QUEEN SUITE	\$239
COMBINATION SUITE	\$289

Join us at Kalahari Waterpark Resort in Sandusky, Ohio for a special family getaway weekend! All standard reservations include waterpark passes for each registered guest. Start your registration by calling 877.525.2427 and mention Booking Code 23647.

ALL GUESTS RESPONSIBLE FOR ALL APPLICABLE TAXES. RESORT FEE \$14.99 PER ROOM. BASED ON AVAILABILITY ON THE 2015 DATES LISTED ABOVE.



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 Windsor Regional Hospital Cardiac-Angioplasty Program

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