



# FRONTLINE FEBRUARY 29, 2016

# 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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## 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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@WRHospital

## New Renal Dialysis Program Construction To Begin!

March 1, 2016 will see construction start on the future Renal Dialysis Program moving to the Bell building. DeAngelis Construction was awarded the contract to renovate a space in the facility at 1149 Goyeau Avenue, to create a more comfortable and accessible environment for patients who require treatment.

Construction will take approximately 10 to 12 months to complete. The project is funded by the Ministry of Health and Long-Term Care and from local fundraising.

The Renal Program has grown 45% over the last five years, currently serving over 400 patients. In 2014/15, the Regional Renal Program completed 43,052 treatments of hemodialysis patients in Windsor-Essex.

The new Bell building location will improve service for dialysis patients, especially for those who require multiple treatments over a course of a week. The future will include a bright layout with large windows and higher ceilings and provide a more comfortable setting. The program will expand from 22 dialysis stations to 30 in the Bell building. In addition, there will be space for families to attend with their loved ones and stay with them or wait in a family area that will have televisions and computers. The existing program is in the lower basement floor of the Jeanne Mance Building, along with satellite sites at McDougall Avenue and at Leamington District Memorial Hospital.

This project was approved as part of the overall planning for the single site acute care hospital and the realignment of regional services. These services will continue at this location after the full Windsor-Essex hospitals system project is fully completed and implemented.

Staff will have more space to work within and the site will better accommodate equipment needs. Patients will benefit with improved access to services with adjacent free parking for up to 40 spaces.



PHOTO ABOVE: The bell Building

"This is a very important time for the Renal Program as this planning has been ongoing for several years and, with approval by the Ministry last summer, the staff, specialists and community are pleased to see the project moving forward," stated Monica Staley, Regional Vice President, Cancer Services/Renal/Patient Relations/Legal Affairs for Windsor Regional Hospital.

The care delivery model for dialysis will evolve over the coming months and years with the continued development of home dialysis, nocturnal dialysis and other patient options. Home dialysis is especially important to those patients, giving them freedom, autonomy and greater control over their care.

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



# UPCOMING EVENTS

- MAR 02** **Hats On For Healthcare**  
Locations throughout Windsor-Essex  
[www.hatsonforhealthcare.com](http://www.hatsonforhealthcare.com)
- MAR 03** **Windsor Express Game for Hats On**  
Time: 7:30 pm at WFCU Centre  
[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
- 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 09** **International Dragon Boat Races**  
Waterfront Park  
13451 Riverside Drive East, Tecumseh
- 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
- OCT 11** **Blood Pressure Screening Clinic**  
Time: 12:00pm - 3:00pm  
Met Campus, Vendor Hallway



Women who are pregnant should discuss travel plans with their health care provider and consider delaying travel to any area where locally acquired Zika infection is occurring.

## The Windsor-Essex Hospitals System #WEareready

The Windsor-Essex Hospitals System project is at a critical point as we wait for approval from the Ministry of Health and Long-Term Care to move to Stage 2 of the planning process. When it happens, it will be in large part due to the growing crowd of people stating #WEareready.

In the past month we've heard this message from our Mayor and County Warden, our MPPs, students at the Schulich School of Medicine & Dentistry - Windsor Program, the Medical Advisory Committee and the Windsor Construction Association to name a few.

In addition, many community members have made a point of sharing their support as well. Last Saturday we set up a #WEareready information booth at the Devonshire Mall. We had a great turnout including many people who stopped by just to let us know they like the vision we are working toward.

Our employees and volunteers know better than anyone the need to move forward with a plan that will improve our existing infrastructure as our facilities have not kept pace with modern and new capabilities that exist in other new Ontario Hospitals. Our community, and our patients, deserve nothing less.

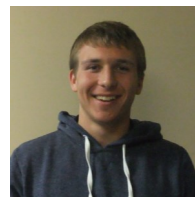
This week, we have placed the #WEareready banner on the mezzanine at the Ouellette Campus. If you have time, stop by and take a picture so you can share your support for the new Windsor-Essex Hospitals System with friends and on social media. The banner will move to the Met Campus later this month.



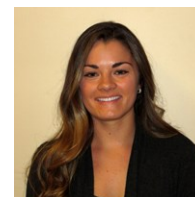
## INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



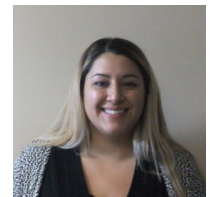
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RETAIL SERVER  
GUEST SERVICES



**Matthew Pardo**  
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DISCHARGE



**Courtney Sibbick**  
REGISTERED NURSE  
8 EAST NEUROSURGERY



**Sera Sayegh**  
VOLUNTEER  
OPERATING ROOM

## Warm Hearts At Coldest Night Walk!

It was the warmest night of the year so far, but it was a great night for supporting a good cause at the "Coldest Night of the Year" walk in support of The Downtown Mission!

The Health Care Walkers team from Windsor Regional Hospital ranked second of among all teams for the most funds raised in support of the Mission's programs and services for our community's homeless and low-income population, raising nearly \$3,000!

Joined by teams from health care partners at Hôtel-Dieu Grace Healthcare, our team led by Karen Riddell was among 300 who participated in the event that also seeks to raise awareness about poverty in our community.

Many thanks to all who donated and participated!



PHOTOS ABOVE (l to r)

Theresa Morris (Director, Medical Services, Karen Riddell (Director, Professional Practice & Operations), Jen LeClerc (after hours manager) and Sandra Maxwell Clinical Instructor, University of Windsor)

## Garden Vegetable Buddha Bowl With Lentils & Tahini Dressing



**Makes 6 servings**  
**Preparation: 10 min**

### INGREDIENTS:

- Dressing:**
- 3 Tbsp Tahini (sesame paste)
  - 1 tsp grated ginger
  - 3 Tbsp Canola oil
  - salt and ground pepper, to taste
  - 3 Tbsp rice vinegar
  - 1 garlic clove, minced
  - 3 Tbsp boiling water

### BOWL BASE:

- 2 cups cooked brown rice
- Salt and ground pepper
- 2 cups baby spinach
- 1 cup grated carrots
- ½ cup pumpkin seeds
- 1 cup cooked black or green lentils
- 3 Tbsp chopped dill
- 1 cup thinly sliced red peppers
- 1 cup of mushrooms

### METHOD:

WHISK tahini, vinegar, ginger, garlic and canola oil together until smooth. Add boiling water to thin out. Season with salt and pepper and reserve. TOSS hot rice and lentils with dill in a bowl. Season with salt and pepper to taste. Divide into serving bowls. DIVIDE spinach, peppers, carrots, mushrooms and pumpkin seeds on top of lentil blend in bowls. DRIZZLE dressing on top of veggies and serve immediately.

### NUTRIENTS Per Serving :

Calories: 340; Protein: 13g; Total Fat: 17 g; Carbohydrates: 35g; Sodium 220 mg

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**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)



**WINDSOR REGIONAL HOSPITAL SPECIAL**

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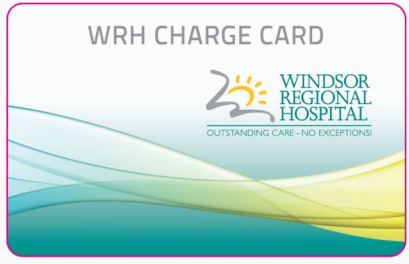
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**JUST CHARGE IT!**

**WRH Employees may obtain a payroll debit card that allows them to purchase items from our cafeterias.**

Now available at both the Ouellette and Met Campuses. Employees at the Met Campus who have an existing card can still use this card for Subway and the Daily Grill but they will need to request a new card for use at the Tim Hortons' kiosk. Charges are deducted every two weeks and the total will be indicated on your pay stub.

The new cards can be used at the Tim Hortons' at Met, the Ouellette Tim Hortons' and the Armandos' Cafe at the Ouellette campus.



For more information or to order a card, please contact:

**Michelle Caron**

Retail Supervisor, Guest Services Network

Phone: 519-254-5577 Ext. 52232

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E-mail Address: [Michelle.Caron@wrh.on.ca](mailto:Michelle.Caron@wrh.on.ca)