



FRONTLINE TRIBUNE

JANUARY 2, 2017

VOLUME 5 / EDITION 1



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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WRH Demonstrates "Compassion For Community"

WRH hospital employees, volunteers and professional staff were in the holiday spirit again this year, demonstrating "Compassion for Community" for many local charitable and non-profit organizations.

Departments and units at both campuses made efforts to collect gift items, donate cash and offer coats and used goods from home to such organizations as Street Help, the Unemployed Help Centre, Brentwood Recovery Home, The Salvation Army and Ronald McDonald House Windsor. Donations were also made to support families under Children's Aid Society's Holiday Program as well as Home Instead's "Be a Santa to a Senior" program.

The above donations are in addition to hospital-wide initiatives such as the food drive for The Downtown Mission, cash donations from our Holiday Socials to the Unemployed Help Centre, and support of the Chabad Jewish Centre of Windsor's fundraising drive for Windsor Police Service's Camp Brombal for underprivileged kids.

"It's fantastic to see such a strong spirit of giving here at Windsor Regional Hospital," said Steve Erwin, Manager of Corporate Communications and Government and Community Relations. "Our employees, volunteers and professional staff donate some of their personal time to raise awareness about many causes throughout the year. It's important to highlight these efforts to help inspire others to do the same and give back to a community that has continually supported WRH as well."

Giving back to the community doesn't stop in January! For efforts throughout the year please email Steve Erwin at steve.erwin@wrh.on.ca.



Photo above: SOP staff donations for the Children's Aid Society

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

Look Who "Hit It Out Of The Park"

Congratulations to Jeff Geml and his team on 6 East and 6 West at the Ouellette Campus for achieving improvements for Discharge At 11 am.

Success began back in October with discharging patients before 11am. Most days the units had 2 or more discharges before 11 and, during the same period of time, they had 4 days where 4 to 5 discharges occurred before 11 am. It shows that progress can be made and milestones achieved on behalf of our patients. Kudos to Jeff and his entire staff on 6 East and 6 West for "Hitting It Out Of The Park"!



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



UPCOMING EVENTS

JAN 15 Europro Vertical Climb
Time: 8:30am
1 Riverside Drive West, Windsor

JAN 28 T2B 20th Anniversary XX Gala
Time: 6:00pm
Caesars Windsor
377 Riverside Drive East, Windsor

FEB 04 In Honour of the Ones Gala
Ciociaro Club
3745 North Talbot Road, Windsor

MAR 01 Hats On For Healthcare
Throughout Windsor-Essex
www.hatonforhealthcare.com

MAR 08 International Women's Day
Ciociaro Club of Windsor
3745 North Talbot Road, Windsor

MAY 06 Ahmaduyya Muslim Jama Fun Run
Former Grace Hospital Site
423 Crawford Avenue, Windsor

MAY 25 WRH Annual Charity Golf Tournament
Essex Golf & Country Club
7555 Matchette Road, LaSalle

MAY 25 Trevor Louis Funkenhauser
Annual Golf Tournament
Kingsville Golf & Country Club
640 County Rod 20, Kingsville

OCT 26 Do Good Divas "A Night In
Handbag Heaven Gala
Giovanni Caboto Club
2175 Parent Avenue, Windsor



The measles-mumps-rubella vaccine prevents most, but not all, cases of mumps. A major factor contributing to mumps outbreaks is being in a crowded environment with a person who is infected with the mumps.

Ugly Sweater Contest Lived Up To It's Bad Reputation!

Many thanks to all those who braved wearing their very worst holiday sweater of all time!

Congratulations to all the winners which included:

Ouellette Campus
Neal Banfill
Catherine Bondy

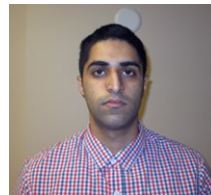
Met Campus
Nicole Gillis
Gudren Matthews
Teresa McGregor



INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Katie Fortin
REGISTERED NURSE
FAMILY BIRTHING CENTRE



Manveer Sandhawalia
REGISTERED NURSE
8W NEUROLOGY



Jessica Sauerwein
AMBULATION ASSISTANT
AMBULATION



Sarah Savard
REGISTERED NURSE
NICU

Holiday Health and Safety Tips

1 Wash your hands often.

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water for at least 20 seconds. If soap and clean water are not available, use an alcohol-based product.



2 Stay warm.

Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing. Check on children, the elderly and pets.



3 Manage stress.

The holidays don't need to take a toll on your health. Keep a check on over-commitment and over-spending. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Get enough sleep.



4 Travel safely.

Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age. Get vaccinations if traveling out of the country.



The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay special attention to your health. Give the gift of health and safety to yourself and others by following these holiday tips.



5 Be smoke-free.

Avoid smoking and breathing other people's smoke. If you smoke, quit today! Call 1-800-QUIT-NOW, or talk to your health care provider for help.



inside your home or garage. Install a smoke detector and carbon monoxide detector in your home. Test and change the batteries regularly.

6 Get check-ups and vaccinations.

Exams and screenings can help find problems early or before they start. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for a yearly exam. Ask what vaccinations and tests you should get based on your age, lifestyle, travel plans, medical history, and family health history.



9 Handle and prepare food safely.

As you prepare holiday meals, keep you and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.



7 Watch the kids.

Children are at high risk for injuries. Keep a watchful eye on your kids. Keep potentially dangerous toys, food, drinks, household items, choking hazards (like coins and hard candy), and other objects out of kids' reach. Learn how to provide early treatment for children who are choking. Develop and reinforce rules about acceptable and safe behaviors for all electronic media.



10 Eat healthy, and be active.

With balance and moderation, you can enjoy the holidays the healthy way. Choose more vegetables and fruit. Select just one or two of your favorites from the host of tempting foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.



8 Prevent injuries.

Injuries from falls and fireworks often occur around the holidays. Use step stools instead of furniture when hanging decorations. Leave the fireworks to the professionals.



Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Don't use generators, grills, or other gasoline- or charcoal-burning devices

To learn more, including the holiday song *The 12 Ways to Health*, visit www.cdc.gov/family/holiday



Centers for Disease Control and Prevention
Office of Women's Health

CS22814

Yoga Ouellette Campus Winter 2017

provided by Tammy Blaze from Breathe

Thursday, January 19th - Tuesday, March 28th
Tues/Thurs 12:00 - 12:45 (dates subject to change)
Location: Chapel

\$120 Cost to be deducted from your pay

Attend 80% of the classes, get reimbursed 50% of the cost!

Registration Deadline:

January 11th, 2017

A minimum of 10 participants required.



Visit Healthy Lifestyles online to register now!

Yoga Met Campus Winter 2017

provided by Tammy Blaze from Breathe

Wednesday January 18th - Monday April 3rd
Mon/Wed 12:00 - 12:30 (dates subject to change)

Location schedule to be emailed out

\$100 Cost to be deducted from your pay

Attend 80% of the classes, get reimbursed 50% of the cost!

Registration Deadline:

January 11th, 2017

A minimum of 10 participants required.



Visit Healthy Lifestyles online to register now!

Greg
Monforton
AND PARTNERS
INJURY LAWYERS

EUROPRO

VERTICAL CLIMB 2017



EVERYONE CAN "RUN VERTICAL" - AGES 12 & UP!

STEP UP YOUR GAME AND REGISTER TODAY!
SUNDAY, JANUARY 15, 2017

ONE RIVERSIDE DRIVE WEST, DOWNTOWN WINDSOR

WWW.VERTICALCLIMB.CA



Recipe
of the Week



Breakfast Granola Bars

Makes 24 servings

Prep Time: 15 min / Cooking Time: 30 min



INGREDIENTS

- 2 cups (500 mL) quick-cooking rolled oats
- 1 cup (250 mL) all-purpose flour
- 1 cup (250 mL) grated carrots
- 1/2 cup (125 mL) diced apples (skin on)
- 1/3 cup (75 mL) each roasted unsalted sunflower seeds and toasted chopped walnuts
- 2 tsp (10 mL) ground cinnamon
- 1/4 tsp (1 mL) salt
- 1 egg
- 1/2 cup (125 mL) canola oil
- 1/3 cup (75 mL) each liquid honey and packed brown sugar
- 1 tsp (5 mL) vanilla

METHOD

Line a 13 x 9-inch (3.5 L) baking pan with foil, leaving 2-inch (5 cm) overhang at each end; grease foil. In large bowl, combine oats, flour, carrots, apple, sunflower seeds, walnuts, cinnamon and salt. In medium bowl, whisk egg, oil, honey, sugar and vanilla until blended. Pour over dry ingredients and mix until thoroughly combined. Spoon mixture into prepared pan, press firmly into an even layer with a spatula. Bake in 375°F (190°C) oven for about 30 minutes or until lightly browned around the edges and firm to the touch. Let cool completely in pan on rack. Using foil overhang as handles, remove from pan and transfer to cutting board. With large knife cut into bars. Store covered in the refrigerator. **NUTRIENTS Per Serving:** Calories: 127; Protein: 2g; Total Fat: 7 g; Carbohydrates: 14g; Sodium 60mg

Food Drive Helps Stock Downtown Mission Shelves

Thank you to everyone who donated to the annual hospital wide "One CAN Make a Difference" food drive for The Downtown Mission. More than 2,500 food items were collected to help stock the Mission's food bank as well as its kitchen, which serves more than 265,000 meals every year to some of our city's most vulnerable residents.

"Thank you once again to our friends at Windsor Regional Hospital for your donations to The Downtown Mission," said Ron Dunn, Executive Director. "As many of you know, we receive no funding from government and are entirely reliant on the generosity of our community. We appreciate the hospital's continued support for our many needs and helping make a Merry Christmas for the many individuals and families we serve."

For more information about The Downtown Mission, please visit www.downtownmission.com.



THE
Downtown
Mission
OF WINDSOR



I SUPPORT
HATS ON
FOR HEALTHCARE

WINDSOR
REGIONAL
HOSPITAL
OUTSTANDING CARE - NO EXCEPTIONS

Register
Today!

HATS ON FOR HEALTHCARE
WEDNESDAY, MARCH 1, 2017

2017 CAMPAIGN SUPPORTING MENTAL HEALTH SERVICES AND MEDICAL EQUIPMENT FOR
SURGICAL AND MEDICINE PROGRAMS AT WINDSOR REGIONAL HOSPITAL

The 8th Annual "Hats On For Healthcare" is a fundraising initiative supporting Windsor Regional Hospital.

Participating individuals and organizations, together with their employees, members and clients are invited to put on their unique and creative head attire, make a donation and take part in many entertaining activities to help raise funds for Mental Health Services and medical equipment for Surgical and Medicine Programs at Windsor Regional Hospital.

DIRECT LINE: 519-973-4433 / 519-985-2656

www.hatsonforhealthcare.com