



# FRONTLINE MARCH 27, 2017 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  
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## WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

To contribute a news tip, story or  
advertisement in the next issue,  
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@WRHospital

## Your Hospital Pharmacy Team: Your Trusted Medication Experts

March 2017 is Pharmacy Awareness Month, a month where pharmacists, pharmacy technicians, pharmacy residents, and pharmacy students reach out to patients and other health care professionals within Windsor Regional Hospital to make them aware of the roles, responsibilities, and services pharmacy provides.

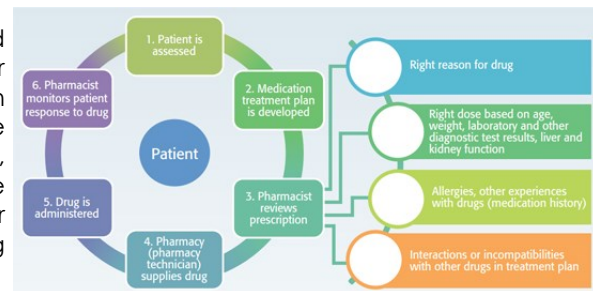
This year's theme is "Your Hospital Pharmacy Team: Your Trusted Medication Experts", highlighting that your pharmacy team is able to provide you with their expertise in medication knowledge and safe medication delivery.

Pharmacists and pharmacy technicians work collaboratively with patients and the interdisciplinary team to optimize health outcomes using evidenced-based medicine. This includes assessing patients' medication therapy upon admission, participating in patient care rounds to discuss treatment plans, and collaborating with other professionals in order to ensure patients have a smooth discharge plan when they are returning home.

Pharmacists within the hospital also help patients by empowering them with medication knowledge and the importance of managing their health appropriately. This includes educating patients on how to take their medications properly, how to avoid dangerous medication interactions, the potential side effects that they may experience and how to manage them, and teaching them about any new medication devices. Pharmacists also take into account patient preferences, needs, and values when developing medication-related care plans. By helping patients maximize their compliance, this reduces healthcare spending by avoiding unnecessary hospital admission.

Pharmacy technicians also play a crucial role in medication therapy, specifically with regards to medication preparation and procurement within the hospital. They are involved in verifying the technical accuracy of an order, to ensure the right patient receives the right medication as well as preparing each prescription once it is verified by our pharmacists. They are responsible for the constant supply of unit-dose medications available in the Pyxis machines and preparation of intravenous medications or total parenteral nutrition. Pharmacy technicians ensure medications are prepared under proper conditions in the safest way possible to deliver a high quality medication product to all of our patients. Additionally, pharmacy technicians work collaboratively with pharmacists in health and wellness promotion.

Your pharmacy teams in the community and outpatient setting also provide many similar services, including smoking cessation education and administering flu shots. Through legislature for expanded scope in select provinces, pharmacists also have authority to prescribe medication for minor ailments, extend refills for maintenance medications or other prescribing authorities.



# UPCOMING EVENTS

- APR 07** **Black Tie Tail Gate**  
WFCU Centre  
8787 McHugh Street, Windsor
- APR 22** **Country At Heart**  
Sprucewood Estate Winery  
7258 County Road 50, Amherstburg
- APR 29** **Healing To The Beat**  
Fogolar Furlan Club  
1800 North Service Road, Windsor
- MAY 13** **Run For Windsor**  
Windsor Riverfront Plaza  
Downtown Windsor
- MAY 25** **WRH Annual Charity Golf Tournament**  
Essex Golf & Country Club  
7555 Matchette Road, LaSalle
- JUL 09** **International Dragonboat Races**  
Sandpoint Beach  
10300 Riverside Drive East, Windsor
- JUL 17** **Rafih Auto Group Charity Golf Tournament**  
Beach Grove Golf & Country Club  
14134 Riverside Drive East, Windsor
- OCT 26** **Do Good Divas "A Night In Handbag Heaven" Gala**  
Giovanni Caboto Club  
2175 Parent Avenue, Windsor



## NATIONAL MEDICAL LABORATORY WEEK

APRIL 24-28, 2017



Acute respiratory infection presents as new or worse shortness of breath or cough with any one of the following symptoms: fever, sore throat, runny nose, nasal congestion or chest congestion.

## Hats Off To St. Clair College SRC

Thanks to the St. Clair College Student Representative Council for supporting Windsor Regional Hospital's Hats On For Healthcare 2017! They had a great time collecting spare change throughout the various campuses and raising \$1,000 for Hats On.

Hats On For Healthcare is a registered trademark event for the Windsor Regional Hospital Foundation. Over the last 8 years, it has raised over \$200,000 for programs and services at both the Ouellette and Met Campus. The goal this year was established at approximately \$50,000 and the counting is still underway as a result of the very successful for Hats On For Healthcare Day held on Wednesday, March 1, 2017.



**Screening sees what you can't**

**ColonCancerCheck.ca**

**CCO** Erie St. Clair Regional Cancer Program  
in partnership with Cancer Care Ontario

**WINDSOR REGIONAL HOSPITAL**  
OUTSTANDING CARE - NO EXCEPTIONS!

## HEALTH INFORMATION PROFESSIONALS WEEK MARCH 26 - APRIL 1, 2017

Please join us in promoting this important celebratory week that recognizes the vital role, contributions and efforts Health Information Management professionals provide to health care.

For resources and more information please visit:

[www.echima.ca/news/him-professionals-week](http://www.echima.ca/news/him-professionals-week)

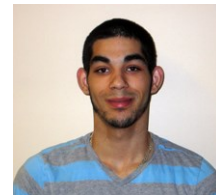
## INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



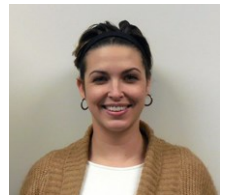
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ENVIRONMENTAL SERVICES  
HOUSEKEEPING



**Scott T. Hotz**  
REGISTERED NURSE  
7 MEDICINE



**Michael M. Ascott**  
RETAIL SERVER  
CAFETERIA



**Kassie R. Dero**  
REGISTERED NURSE  
FAMILY BIRTHING CENTRE

# International Women's Day A Very Special Event

Our appreciation once again to the Ciociaro Club and its International Women's Day Committee for raising awareness and funds on Wednesday, March 8th for the Breast Health Centre at Windsor Regional Hospital Met Campus.

International Women's Day (IWD) is celebrated to recognize women around the world for their achievements with regard to divisions, whether it be national ethnic, linguistic, cultural, economic or political.

IWD started in 1907 with a march of approximately 15,000 textile women workers in New York City. It was about working conditions and the women's campaign of suffrage. The demonstrations sought to communicate police brutality encountered decades prior. They advocated for shorter working hours, better pay and voting rights.

The first official National Women's Day was held across the United States on February 28, 1909. Charlotte Perkins Gilman addressed a crowd in New York City, proclaiming, "It is true that a woman's duty is centered in her home and motherhood but, home should mean the whole country and not be confined to three or four rooms of a city or a state."

International Women's Day celebrations began to blossom in Austria, Denmark, Germany and Switzerland in March 1911.

What brought women's rights and a voice to be heard came as a result of tragedy. A raging fire began in the Triangle Shirtwaist Factory in New York City on March 25, 1911 that took the lives of more than 140 workers, mostly textile working women. It was this event that influenced the state's labor legislation to focus on conditions of workers in textile factories.

It wasn't until 1975 when the official date of March 8 of each year was selected to celebrate International Women's Day across the world.



## VENDORS ON DISPLAY (MARCH 27, 2017 – MARCH 31, 2017)

**MET CAMPUS:** Coconut oil of Canada, Azara Boutique, Unique Books, Mike Mady

**OUELLETTE CAMPUS:** Costco, Just Jewellery, Azara Boutique, Funky Living

Please note: Vendors subject to change



**FOOD FIGHT #3:** Eating and Stress: Help! I eat when I'm stressed!!

**SPOT THE PROBLEM:** When I'm stressed at work or upset with my friends, family or my partner, I turn to food for comfort and then get angry with myself for what I ate. I want to learn strategies to prevent this in the future.

### Why Mindful Eating?

Growing research suggests that distraction while eating prevents a person from enjoying the bite in the mouth. Coined "mindless eating," this innocent behavior has been linked to overeating, stress and increased anxiety. How would you know if you are eating in a mindless or distracted way? One quick way is to recall what you ate at your last meal. Can you describe the flavor, the taste, the texture? If you are struggling to remember any of the specifics about your choice, you are not alone.

### The Principles of Mindfulness:

- Mindfulness is deliberately paying attention, non-judgmentally, in the present moment.
- Mindfulness encompasses both internal processes and external environments.
- Mindfulness is being aware of your thoughts, emotions and physical sensations in the present moment.
- With practice, mindfulness cultivates the possibility of freeing yourself of reactive/habitual patterns of thinking, feeling and acting.

### Mindful Eating Is:

- Allowing yourself to become aware of the positive and nurturing opportunities that are available through food selection and preparation by respecting your inner wisdom.
- Using all your senses in choosing to eat food that is both satisfying to you and nourishing to your body.
- Acknowledging responses to food (likes, dislikes or neutral) without judgement.
- Becoming aware of physical hunger and satiety cues to guide your decisions to begin and end eating.

### Someone Who Eats Mindfully:

- Acknowledges that there is no right or wrong way to eat but varying degrees of awareness surrounding the experience of food.
- Accepts that his or her eating experiences are unique.
- Is an individual who by choice directs his or her attention to eating on a moment-by-moment basis.
- Gains awareness of how he or she can make choices that support health and well-being.
- Becomes aware of the interconnection of Earth, living beings, and cultural practices and the impact of his or her food choices on those systems.
- Practices mindfulness to promote balance, choice, wisdom and acceptance of what is.

### Coping with cravings

More research is needed to help figure out why people crave certain foods. But we do know that sweet treats and high fat snacks are comfort foods people reach for when they are feeling stressed.

### Try these tips to help manage cravings:

- Make sure to eat enough nutritious food during the day. Don't skip meals or let yourself get too hungry.
- Keep healthy snacks on hand. If you are hungry, enjoy a small snack such as fruit and a handful of almonds, cut-up veggies and hummus or whole grain crackers and lower fat cheese.
- Eat a small amount of what you crave and enjoy it. This may satisfy your craving so you won't overeat. Buy an individual portion if possible. For example, buy one really good chocolate chip cookie instead of a bag of cookies.

Call EatRight Ontario at 1-877-510-5102 for more information.

**PREFERRED PACK**

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**30% OFF**

**Windsor Regional Hospital**

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Cincinnati/Mason, OH  
Colorado Springs, CO  
Grand Mound, WA  
Grapevine, TX  
Georgia/La Grange, GA (Opening Spring 2018)

Kansas City, KS  
New England/Fitchburg, MA  
Niagara Falls, Canada  
Pocono Mountains, PA  
Sandusky, OH

Southern California/  
Garden Grove, CA  
Traverse City, MI  
Williamsburg, VA  
Wisconsin Dells, WI

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- Spacious Northwoods family suites
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For more information or reservations, visit [greatwolf.com](http://greatwolf.com) or call 800.905.WOLF (9653).

USE CORPORATE CODE: WIND819A

Valid through December 30, 2017.  
Includes water park admission the day you arrive through the day you depart.

Must present valid membership ID or documentation at check-in.



Offer valid at the properties and dates listed above. Valid on a per night basis and must be mentioned at time of reservation based on 2017 standard rates. Limited number of rooms available for each date. May not be valid during holiday and blackout periods or combined with any other discount or promotional offers. Multiple night minimum stay may apply. Offer based on 4 guests per room and must have one individual 21 years of age or older staying in each room. Offer may be terminated at any time without notice. Offer is not transferable and is not redeemable for cash. Must present valid work ID or documentation at check-in. Limit of 2 rooms per valid ID. Additional charges may apply for themed and premium suites, weekends, and/or holidays.



**UPCOMING AIDET TRAINING SESSIONS**

- April 4, 2017 - Met Campus, Auditorium A & B
- April 17, 2017 - Ouellette Campus, Essex Room
- May 4, 2017 - Ouellette Campus, Essex Room
- May 15, 2017 - Met Campus, Auditorium A & B

**Sign up for the next session today!**

Email Linda McLean at [linda.mclean@wrh.on.ca](mailto:linda.mclean@wrh.on.ca)

**BLACK TIE TAIL GATE**

**DUST OFF YOUR BOOTS**

**April 7th | WFCU Centre  
GET YOUR TICKETS**

call: 519-985-2608 email: [Ashley.Weeres@wrh.on.ca](mailto:Ashley.Weeres@wrh.on.ca)  
[wecareforkids.org](http://wecareforkids.org)

Featuring Nashville Star  
**Jake Maurer**



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**DANgemus**

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presents

**COUNTRY AT HEART**

A Country Party to Benefit Windsor Regional Hospital's Intensive Care Unit



**April 22 2017**

**Sprucewood Estate Winery**

**BBQFeast Dinner**

- Chicken & Ribs
- Baked Potato Bar
- Smores Bar
- Candy Table

**Entertainment**

Pre-Dinner  
**Adam Butcher**  
Headliner  
**Ashley Lynn & The Spurs**

**TICKETS \$85**

[COUNTRYATHEART.CA](http://COUNTRYATHEART.CA)

**519-566-5565**

PROUDLY SUPPORTED BY



**SATURDAY, MAY 13, 2017**

**Riverfront Festival Plaza  
Downtown Windsor**

The Ahmadiyya Muslim Jama`at in Windsor alongside the City of Windsor and the Windsor Regional Hospital (WRH) is delighted to hold the first annual Run for Windsor charity event this spring on Saturday, May 13, 2017 at the beautiful Windsor Riverfront trail. This run aims to help raise funds for the WRH Urgent Care Centre.

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