



FRONTLINE 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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New Organ Donor Campaign Asks: "What Gives, Windsor?"

In a community as giving as Windsor, it's hard to believe the city ranks so low when it comes to registering consent to organ and tissue donation. Let's fix that!

What Gives, Windsor? is Windsor Regional Hospital's latest effort to support organ and tissue donation awareness throughout our region.

In partnership with CTV Windsor and AM800 CKLW, the campaign specifically refers to Windsor, Ontario given its low ranking among Ontario communities 160th out of 170 when it comes to the percentage of health card users who are registered.

This seems odd as most of us know Windsor as a giving and very charitable community so we know we can do better when it comes to saving lives through transplant!

This isn't to suggest we can't do better in Essex County as well! Windsor's numbers on the Trillium Gift of Life Network website include parts of Tecumseh and LaSalle, and all local municipalities remain below 50% when it comes to registration rates.

Why wait? It's easy to do – all you need is two minutes of time and your health card number.

We hope that all WRH employees, volunteers and professional staff will take two minutes and register and if you think you're registered but aren't 100% sure, go online to check.

Just go to BeADonor.ca to register, it's one of the easiest things you can ever do to some day save a life!

Our partnership on this campaign means you will see and hear lots about our campaign on radio, TV and online this month!

Video and audio advertisements will run shortly and stay tuned for the following TV and radio programs:

- Friday, April 7, 2017 - CTV Windsor News at 6 weather segment with Arms Bumanlag
- Monday, April 10, 2017 -11 am – 11:30 am – Lynn Martin Show
- Sunday, April 23, 2017 -10 am – 11 am – EXPERTS ON CALL

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



@WRHospital

WHAT GIVES WINDSOR?

WE RANK **160** OUT OF **170** IN ONTARIO ORGAN DONOR REGISTRATION

beadonor.ca

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



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**



For Contact Precautions, a gown is required on entry to the bed space. At WRH, limited space in patient rooms and bed spaces may make it difficult to avoid inadvertent contamination of clothing while providing care.

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 Hats On For Healthcare Day held on March 1, 2017.



PRESENTS THE 6TH ANNUAL

Healing to the Beat

An evening of fabulous music to benefit the Oncology Unit at Windsor Regional Hospital

SATURDAY, APRIL 29, 2017
FOGOLAR FURLAN CLUB | 1800 NORTH SERVICE ROAD (E.C. ROW)
DOORS OPEN @ 7:30PM | SHOWTIME 8:30PM



WITH SPECIAL GUEST



WINNERS OF THE 2016 CANADA SOUTH BLUES SOCIETY BLUES CHALLENGE

TICKETS \$25 INCLUDES PIZZA BUFFET

PURCHASE 10 TICKETS TO RESERVE A TABLE,
PLEASE CALL 519-903-0318 OR 519-791-5240

TICKETS AVAILABLE AT:



SPONSORED BY:

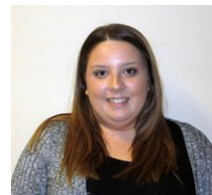


In loving memory of **Todd Smith**,
Clayton Moore, Sandy Gillis, Don Venus & Ralph Travenetti

INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



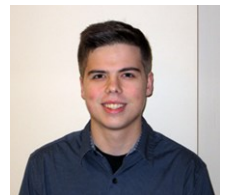
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Staying Strong During And (Renewing) After Cancer Treatment

The Erie St. Clair Regional Cancer Program is launching a five-part education series for cancer patients, their families and caregivers who have completed active treatment and are moving to life beyond cancer. The RENEW program includes local and provincial experts covering evidence-based topics that help with some of the common long term physical and emotional effects of the disease.

Because it can be an anxious and concerning time in the lives of cancer patients, the RENEW classes help adjust to life after cancer by dealing with some common issues people face after treatment. The RENEW flyer in this issue gives patients, their families and/or caregivers options to attend sessions in person or via a live webinar from the comfort of their homes. All RENEW educational sessions are free. You must register to participate.

VENDORS ON DISPLAY (APRIL 3 - APRIL 7, 2017)

MET CAMPUS: Kidbits, Coconut Oil of Canada, Little Red Door, Funky Living, Azara Boutique

OUELLETTE CAMPUS: Unique Books, Edgukids, Janet Fashions, Kidbits

Please note: Vendors subject to change

Teddy Bears And Much More!

Thanks to Celina and Cristina at General Amherst High School for spearheading the annual stuffed animal drive for Paediatric Services again this year. The entire school body got involved by supporting a pizza day and draws that raised the funds to purchase the new stuffed animals.

The stuffed toys are used by Child Life Services to assist with reducing anxiety and stress that children sometimes have while in the hospital for tests, clinic visits and longer stays. Each child receives their own stuffed animal and take it home with them when discharged.



(Photo credit by River Town Times)

A total of 143 varieties of stuffed animals being donated by Celina Varacalli and Cristina Cercel, both Grade 10 students at General Amherst.

DANgemus
REAL ESTATE TEAM LTD. Brokerage
presents

COUNTRY AT HEART

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

WINDSOR REGIONAL HOSPITAL FOUNDATION

April 22 2017 | **Sprucewood Estate Winery**

BBQ Feast Dinner
Chicken & Ribs
Baked Potato Bar
Smores Bar
Candy Table

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

TICKETS \$85 | **COUNTRYATHEART.CA** | **519-566-5565**

PROUDLY SUPPORTED BY

TILBURY CONCRETE | MILLSON LAW | RBC Royal Bank | Amherstburg | FIRST CLASS HOME INSPECTORS
GEMUS HOMES | DUBY'S HOME CENTRE | Blimeys.ca | PRE POPP RUSSO LENO LLP
WINDSOR ROYAL BANK | Ledgers. | SDP | Shoreline TOURS & TRAVEL | STATURE MARKETING



SATURDAY, MAY 13, 2017

**Riverfront Festival Plaza
Downtown Windsor**

The Ahmadiyya Muslim Jama`at in Windsor alongside the City of Windsor and 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

RENEW Program • Spring 2017

FOR PATIENTS WHO HAVE COMPLETED ACTIVE TREATMENT ONLY

Life After Cancer Treatment Education Series

All sessions are from 6:00-7:30pm. Open to patients, family, friends and caregivers

Topic	Date	Speaker	Location
Surviving, Now What?	April 6th	Kit McCann, Nurse Practitioner	Casino Cares Conference Room (Cancer Centre)
Sexuality & Cancer	April 13th	Joyce McManus, Registered Social Worker	Met Auditorium Side A & B (Windsor Regional Hospital)
Be Active, Be Healthy	April 20th	Dr. Daniel Santa Mina, Certified Exercise Physiologist & Professor of Kinesiology, Toronto	Met Auditorium Side A & B (Windsor Regional Hospital)
Eating for a Healthy Life	April 27th	Donna Danelon, Registered Dietician	Met Auditorium Side A & B (Windsor Regional Hospital)
Hereditary Cancer and Your Family Tree	May 4th	Veronica Bryksa, Certified Genetic Counsellor	Casino Cares Conference Room (Cancer Centre)

Email any questions ahead of time that you would like addressed during one of the presentations to renew@wrh.on.ca.

Back to Fitness Program

Eight-week program tailored to cancer survivors

Location: Windsor Squash & Fitness Club

Dates: Tuesdays & Thursdays from May 9th to June 29th

Time: 1:00-2:00pm

Cost: ONLY \$30

NOTE: Physician clearance is required for this program. Clearance forms will be provided upon registration



Registration

REGISTRATION IS REQUIRED. Register in any of the following ways:

- ✓ Online at <https://renewspring2017.eventbrite.ca>
- ✓ Email renew@wrh.on.ca
- ✓ Call 519-254-5577 ext. 58790 to leave your contact information. Your call will be returned.



Pumpkin Breakfast Cookie

Makes 12 servings

Preparation: 10 min / Cook Time: 15 min

INGREDIENTS

- ¼ cup coconut oil, melted
- 1 cup rolled old-fashioned oats
- 1 cup quick cooking oats
- ¼ cup ground flaxseed
- 2 eggs, beaten
- ¼ cup honey
- ⅔ cup pumpkin seeds
- ½ cup pumpkin puree
- ½ teaspoon sea salt
- 1 tsp pumpkin pie spice
- ⅔ cup unsweetened, dried cranberries

DIRECTIONS

Preheat oven to 350 F. Line a baking sheet. In a small bowl warm Spectrum® coconut oil and honey (either microwave, inside preheating oven or on the stove top). In a large bowl combine both kinds of oats, cranberries, pumpkin seeds, ground flax, pumpkin pie spice and salt. Add pumpkin puree, eggs and warmed coconut oil and honey. Stir until fully combined. Drop about ¼ cup sized scoops of the mixture onto a cookie sheet and flatten (cookies won't spread while baking). Bake for about 15-20 minutes until edges are lightly browned. Let cookies cool on baking sheet before moving to an airtight storage container.

NUTRIENTS Per serving:

Calories: 192 kcal, Protein: 5 g, Fat: 10 g, Carbohydrate: 22 g, Sugar 11g, Fibre: 4g, Sodium: 106 mg



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

PREFERRED PACK

★ CLUB ★
GREAT WOLF LODGE

PERKS FOR YOUR EMPLOYEES!

Be rewarded with Great Wolf Perks. You're going to love winding down our water slides, dining in one of our Northwoods-themed restaurants and building great family traditions.

Save up to **30% OFF**

Windsor Regional Hospital

- Charlotte/Concord, NC
- Cincinnati/Mason, OH
- Colorado Springs, CO
- Grand Mount, WA
- Groesville, TX
- Georgia/La Grange, GA
- Opening Spring 2018
- Kansas City, KS
- New England/Fitchburg, MA
- Niagara Falls, Canada
- Pocahontas, PA
- Sandusky, OH
- Southern California/Garden Grove, CA
- Traverse City, MI
- Williamsburg, VA
- Wisconsin/Dells, WI

- Great Wolf Lodge® amenities include:
- 84-degree colossal indoor water park
 - Daily Wolf Walk™ and Story Time
 - Spacious Northwoods family suites
 - Fantastic specialty-themed restaurants—and much more!

So clear your calendar, pack the swimsuits and head to Great Wolf Lodge.

For more information or reservations, visit 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.



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
wecareforkids.org

Featuring Nashville Star
Jake Maurer



Follow us on BTGWindsor @BlackTieTailgate



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 offer. Multiple night minimums 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.