



# 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  
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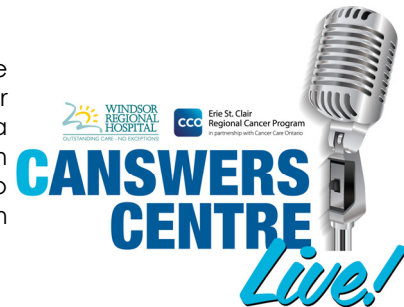
## Live From The Chemo Suite With Michelle Prince

Join us on Monday, May 29 at 9:30 a.m. for a special edition of CANSWERS CENTRE LIVE! from the Chemotherapy Suite with guest Michelle Prince. At 9:30 a.m., viewers can join in on the live discussion on the Windsor Regional Hospital Facebook page **facebook** and chat with Prince in real time while she undergoes her bi-weekly treatment.

Michelle will speak with "CANSWERS CENTRE LIVE!" Host and WRH Communication Manager, Allison Johnson about the experience of receiving treatment. Prince will share her story, offer tips she has learned over the course of her treatments and answer questions posted on Facebook.

Michelle Prince is a well known Chiropractor and wife of former Windsor Mayor, Eddie Francis, now President and CEO of Windsor Family Credit Union. She was first diagnosed with colon cancer in 2014 and has had 50+ rounds of Chemotherapy since. Prince hosts a facebook page "Michelle Prince Education and Inspiration" from which she shares her story in an attempt to educate and inspire others.

CANSWERS CENTRE LIVE! is a monthly, interactive, Facebook live video stream from Windsor Regional Hospital and the Erie St. Clair Regional Cancer Centre. With an average of 2000+ viewers a month, it offers cancer patients, survivors and their families an opportunity to communicate directly with individuals who understand exactly what they are going through and can answer questions in real time.



## 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

## Watch For Coin Boxes In Local LCBO Outlets In June

### MAKE A BIG CHANGE WITH SMALL CHANGE!

All proceeds support the Windsor Regional Hospital Foundation for Mental Health Services and medical equipment for Surgical and Medicine Programs.



Charitable Registration No. 11930 0275 880001

Watch for coin boxes in local LCBO outlets during June in support of "Hats On For Healthcare". Boxes will be located at the following locations:

- 400 University Ave. W., Windsor
- 1320 Walker Rd, Windsor
- 3165 Howard Ave, Windsor
- 7640 Tecumseh Rd E, Windsor
- 1586 Huron Church Rd, Windsor
- 79 Eugenie St. E, Windsor
- 15 Amy Croft Dr., Tecumseh
- 1550 Front Road, LaSalle
- 495 Sandwich S., Amherstburg
- 1109 Westshore Rd, Pelee Island
- 119 King Street, Harrow
- 16 Seacliff Dr, Leamington
- 39 Arthur Ave., Essex
- 337 Notre Dame St., Belle River
- 410 Main St., Kingsville

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



# UPCOMING EVENTS

- MAY 25** **WRH Annual Charity Golf Tournament**  
Essex Golf & Country Club  
7555 Matchette Road, LaSalle
- JUN 11** **Corvette Club of Windsor Show**  
Dieppe Gardens  
78 Riverside Drive West, Windsor
- JUN 21** **A Day For A Life Golf Tournament**  
Kingsville Golf & Country Club  
640 Essex County Rd 20, Kingsville
- 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
- SEP 06** **WRH Pasta Night**  
Riverside Sportsmen's Club  
10835 Riverside Drive East, Windsor
- SEP 10** **Running From Cancer**  
Lakewood Park  
13451 Riverside Drive East, Windsor
- SEP 13** **WRH Pasta Night**  
Riverside Sportsmen's Club  
10835 Riverside Drive East, Windsor
- JAN 21** **EUROPRO Vertical Climb**  
FCA Chrysler Facility  
1 Riverside Drive West, Windsor



Researchers report that current Enterococci strains have been selected for, by virtue of having developed a hardened cell wall and the ability to cope with environmental stress, traits that now render them resistant to denaturing solvents, disinfectants, and to many antibiotics.

## 1st Annual Run for Windsor A Great Success!

It is the first run/walk of many that Ahmadiyya Muslim Jama'at organized on behalf of the future Windsor Regional Hospital Urgent Care Centre for the Grace Site. Congratulations to Pasha Qureshi and his team for their inaugural well-organized event.

The Ahmadiyya Muslim Jama'at, Windsor Chapter announced the "Run for Windsor" last February in a media conference at the Grace site on University Avenue West. Both, David Musyj, President and CEO and City of Windsor, Mayor Drew Dilken endorsed the fundraiser which will occur each May. Run for Windsor made a commitment to raise \$500,000 for the Urgent Care Centre over the next ten years.

Hundreds turned out for the run/walk on Saturday May 13 which started at the Windsor Riverfront Plaza and proceeded toward the Ambassador Bridge and back.



## Win City Helps Celebrate City Of Windsor 125th Birthday

Baby Gabriel, born to parents, Joseph and Andrea Zajar on May 18 received a new Win City infant jumper as part of the City of Windsor's 125 Birthday.

The branded jumpers were donated to the Family Birthing Centre by Ayad Saddy, owner of BB Branding and Win City branding to babies born in May 18th. New dad is also a Clinical Pharmacist in the Renal Program.



# VENDORS ON DISPLAY (MAY 23 - 26, 2017)

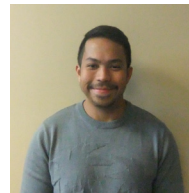
**MET CAMPUS:**  
Coconut Oil of Canada

**OUELLETTE CAMPUS:**  
Tupperware; Just Jewellery; Funky Living  
*Please note: Vendors subject to change*

## INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



**Andrea Grenier**  
RN  
EMERGENCY



**Francis Llenado**  
RENAL PROGRAM  
VOLUNTEER SERVICES



**Susanne Bastable**  
PHARMACIST  
PHARMACY



**Justin Gignac**  
RENAL PROGRAM  
VOLUNTEER SERVICES

# How Does Our Garden Grow?

Remember the nursery rhyme, "Mary, Mary, quite contrary, how does your garden grow?" Well, our gardens are about to grow as the Windsor Regional Hospital Community Garden volunteers have met and are ready to plant.

This will be the 3rd year that the community gardens will produce fresh vegetables at the Met and Ouellette Campuses. Beginning this week, 20 motivated volunteers including community, hospital and staff volunteers will be planting lettuce, tomatoes, cucumbers and will try pumpkins and green onions. Each year the fresh vegetables are enjoyed by the patients.

In fact, last year, the volunteers were so successful, they produced more vegetables that could be used by the hospital kitchen. Any excess will be donated to the Downtown Mission and other Windsor area food banks to enjoy. We thank Nature Lane for donating the soil compound.



Sunday, June 11, 2017

## The Corvette Club of Windsor - Annual Waterfront Corvette Show (8:00 am - 4:00 pm)

(at Dieppe Park across from the GM Headquarters Building on the Detroit River)  
To benefit the Windsor Regional Hospital - Pediatric Oncology Satellite Unit. As host for the Canadian Corvette Concours Nationals you are invited to partake in and experience a multi faceted corvette show presentation.  
Our Show and Shine as we know it will be under the umbrella of the sanctioned Canadian Council of Corvette Clubs.



WOW - one of a kind show shirt memento & picture

Kids class for Power Wheels Corvettes

Goodie Bags & dash plaques for the first 150 cars

Awards for all classes

**CLASSIFICATIONS**

Street Show + Shine	Concours Prepared
SS-1 1953-1962	CP-1 1953-1962
SS-2 1963-1967	CP-2 1963-1967
SS-3 1968-1982	CP-3 1968-1982
SS-4 1984-1996	CP-4 1984-1996
SS-5 1997-2004	CP-5 1997-2004
SS-6 2005-2013	CP-6 2005-2013
SS-7 2014-present	CP-7 2014-present
SS-M 1953-present modified	CP-M 1953-present modified

Registration forms are available on our website. Register (\$25.00) by May 26th and receive your show shirt FREE!  
www.corvetteclubofwindsor.com  
Ron Packer (519) 352-1371 rpacker4@coגעo.ca  
Bryan Hansen (519) 979-7119 brymar1619@gmail.com

**Rain Or Shine**  
8:00 am Registration Opens  
8:00 am Vendors Open  
11:00 am Registration Closes  
3:00 pm Awards & Presentations  
4:00 pm Clean Up



YOU HAVE THE POWER TO GIVE LIFE  
Donate blood and join the movement today.

## Windsor Blood Donor Clinic

3909 Grand Marais Road E

Tuesday & Wednesday ..... 3pm - 7pm  
Thursday ..... 11:30am - 7:30pm  
Friday & Saturday ..... 8am - 12pm

256 units of blood need to be collected every week at this location alone.

Want to donate blood as a group? Contact Marisa Gatfield  
[marisa.gatfield@blood.ca](mailto:marisa.gatfield@blood.ca) or 519.945.7486 x 4918

Book your appointment at [blood.ca](http://blood.ca)



## WRH 8 Week Challenge™ coming May 22nd, 2017



- Base Challenge Package \$149.00 + HST**
- 8 Week Challenge™ APP (NEW)
  - 8 Week Challenge™ Guidelines Documentary
  - Grocery 101 Documentary
  - 8 Week Challenge™ Manual (including Challenge Friendly™ recipes, and exercise program)
  - Meal Plans, Including Meat, Vegan, Vegetarian, Gluten Free and Value
  - Grocery Shopping Lists (desktop version and mobile)
  - Restaurant and Take Out Cheat Sheets (desktop version and mobile)
  - Challenge Friendly™ Recipe Database (desktop and mobile)
  - 24/7 on-line support from Challenge Leader
- OPTIONAL ADD ON'S**
- Simply Balanced Challenge Friendly™ Cook Book - \$30 + HST
  - 4 Disc Exercise DVD Box Set - \$39.95 + HST

WRH Healthy Lifestyle team will reimburse \$50 if you complete the following...

- You must plug in your stats before, half way and after.
- Complete a minimum of 44 Challenge Friendly days out of 56.

- DESKTOP REGISTRATION STEPS:**
- Step 1:** Click the link in the e-mail blast from Melissa.  
**Step 2:** Start registration on the WRH site.  
**Step 3:** Continue registration on Challenge site. [you will be automatically directed to our site from the WRH site] **CREATE NEW ACCOUNT.**  
**Step 4:** Please enter the passphrase **WRH** when prompted (passphrase is all lower case)  
**Step 5:** Either **START A TEAM**, or **JOIN INDIVIDUALLY** (when you START A TEAM you will create a unique PASSPHRASE that you can use to invite other co-workers to your team to help support each other)  
**Step 6:** Choose your package. [payment will be deducted through payroll deductions]  
**Step 7:** Complete registration. [Packages will be shipped to the Windsor Regional Hospital and will be distributed by the Human Resources Team]

Dates:	WRH 8 Week Challenge
May 22-28, 2017	View Challenge Guidelines Documentary and Grocery 101 Documentary included in Challenge package. *Grocery Shopping Lists, Restaurant and Take Out Guides, and Challenge Friendly™ Recipes available on 8 Week Challenge™ APP.
May 28, 2017	Weigh in and Fit Test (from home)
May 29, 2017	Start date for your 56 days!
June 25, 2017	Weigh in Half Way Point (from home)
July 23, 2017	Final Weigh in and Fit Test (from home)



\*For more information or help registering please contact Bonnie Giampa at [bonnie@8weekchallenge.com](mailto:bonnie@8weekchallenge.com) or [www.8weekchallenge.com](http://www.8weekchallenge.com) 905-988-3394

## Trauma Team Helps Educate Teens On Risky Choices

WRH trauma team personnel took part in educating local high school teens about the dangers of distracted and impaired driving.

In partnership with Ontario Provincial Police, fire departments and the Windsor-Essex County Health Unit, the program was rolled out at Tecumseh Vista Academy, L'Essor High School and St. Anne's in Belle River. The program, which is available to all schools, offers an informative and interactive session on the dangers of distracted driving and other risky choices.

A simulated car wreck at the school demonstrated the process to extricate a victim, while OPP performed mock arrests and our own Dr. Paul Bradford demonstrated what would happen when a victim is transported by EMS to the Ouellette campus trauma centre.

Diane Bradford, WRH's Manager of the Regional Trauma Program as well as Injury Prevention, spoke to students about how the choices they make can impact the rest of their lives, and the lives of others. This included discussion not just about impaired driving, but also driving while under the influence of drugs, which is becoming a much greater concern, as well as distracted driving, with too many drivers preoccupied with text messaging and other distractions.

Stephanie MacDonald, organ and tissue coordinator for the Trillium Gift of Life Network, also spoke about how registering consent for organ donation can save lives. She reminded students that the age of consent to donate begins at 16 years of age.

The interactive sessions also included video simulations to recreate the sensations of impaired and distracted driving to help drive the point home by OPP and other community partners.

Thank you to our WRH representatives who helped lead this vital community program for our kids!



## RECIPE OF THE WEEK



### Sweet Chili Tofu Stir-Fry

Makes 4 servings

Preparation: 15 min

Cook Time: 12 min

#### INGREDIENTS

- Vegetable cooking spray
- 5 oz Firm tofu, cut in thin strips
- 3-4 cup Sliced Spanish onion
- 1 cup Broccoli florets
- 1 cup carrots, cut into pieces
- 3-4 cup Sugar snap peas
- ½ cup Julienned bell pepper
- 1 tsp Grated orange zest
- ½ cup Vegetable broth/water
- ¼ cup Sweet chili sauce
- 1 tsp Chopped fresh cilantro (optional)

#### DIRECTIONS

Heat a wok or large skillet over medium-high heat. Spray with vegetable cooking spray. Brown tofu on both sides, then remove from pan and set aside. Add onion to wok and saute for 1 minute. Add broccoli, carrots, peas and red pepper; stir-fry until tender-crisp, about 5 minutes. Return tofu to wok and stir in broth, chili sauce and orange zest. Heat until bubbling. Transfer stir-fry to serving platter and sprinkle with cilantro, if using.

#### NUTRIENTS Per serving:

Calories: 115 kcal, Protein: 6 g, Fat: 2.6g, Carbohydrate: 17.1g, Sugar 8g, Fibre: 5g, Sodium: 265 mg

THIS ONE'S FOR THE  
**GIRLS**  
*presents*

**GLOW RIDE**

**Saturday, May 27th**  
 Riverside Sportsmen's Club  
 10835 Riverside Dr. E. Windsor

Kick-Off Party Begins @ 6:00 PM  
 Children's Ride @ 8:30 PM  
 Adult & Family Ride @ 9:15 PM

SIGN UP OR DONATE ONLINE AT  
**WWW.GLOWRIDE.CA**

A night time glow ride along the Ganatchio Trail

Proud Sponsors:

**LISA & BRIAN SCHWAB**



CYPHER SYSTEMS GROUP



University of Windsor



Supporters:

