



# 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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## TALKING CANCER WITH "FRIENDS"

### CANSWERS CENTRE LIVE! reaches 9000+ Facebook users in first month

Last month, WRH launched CANSWERS CENTRE LIVE! - an interactive, Facebook webcast that gives cancer patients, survivors and loved ones an opportunity to connect directly with others who understand what they are going through and can answer questions in real time. The first episode alone had close to 3000 views and covered common questions people have when they are diagnosed with cancer. Friends joined the conversation by posting questions, sharing ideas or offering their support.

#### NEXT EPISODE:

CANSWERS Centre Live next Facebook broadcast takes place on Wednesday, January 18, 2017 at 7:00 pm with guests, Mic Myles, Cancer Survivor; Donna Danelon, Registered Dietician; and, a Cancer Centre Volunteer being interviewed by Allison Johnson, Manager of Communications. Be sure to have your phone ready to tune in!



If you have questions about the webcast, advice you would like to share on the program or topic ideas, please send them to [canswerscentre.on.ca](http://canswerscentre.on.ca).

Photo: Difficult conversations made a little easier with friends. In this Dec. 21 episode, host Allison Johnson speaks with cancer survivor, Diane Marley and WRH Social Worker Joyce McManus about how to manage the holidays with cancer.

## WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

To contribute a news tip, story or advertisement in the next issue, please email us at:  
[frontlinetribune@wrh.on.ca](mailto:frontlinetribune@wrh.on.ca)

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



@WRHospital

## Look Who "Hit It Out Of The Park"

Look whose 'Hitting It Out Of The Park' now! Congratulations to all staff on 5North, Met Campus for their success with Falls Prevention. Keep up the great work.

Come on all units at Ouellette and Met! You too can - 'Hit It Out Of The Park' by focusing and achieving improvements on behalf of your patients. Who's next to receive kudos?



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



# UPCOMING EVENTS

- 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
- APR 22** **Western Hoedown**  
Sprucewood Estate Winery  
7258 County Road 50, Amherstburg
- 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 main circulating strain of influenza this year is H3N2 - which is covered in the vaccine. There is still time to get the flu shot!

## Message To Staff

When ordering from Materials Management (Stores) for supplies, your order can be processed very quickly and effectively when the process is followed for both normal stock and non-normal or stat/urgent supplies.

Stores staff plan to meet with Met and Ouellette clinical staff starting mid-January to assist them with ordering supplies. Often, Stores is called with a message left with little or no information to respond appropriately. A reminder that a process is in place that has reference and item numbers (see flyer below).

When calling Stores and leaving a message, please provide your name, unit name and extension number. Messages are checked hourly and on weekends/holidays, every few hours.

**PROCESS FOR CALLING STORES FOR SUPPLIES**

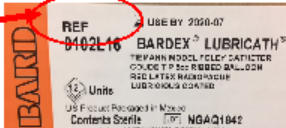
**FOR SUPPLIES NORMALLY STOCKED ON YOUR UNIT**

The barcode pictured below holds the information stores staff require to assist with your request. The Reference (Ref) # and Item # are critical information needed for the stores department to fulfill your request. Indicate one or the other when calling.

<b>Reference (Ref) #</b>	<b>JB1324JIT</b> SOLUTION IV 0.9% NAACL 1L JB1324	<b>Item #</b>
		
Top left of the barcode is the reference number (i.e JB1324JIT).	WRO-0017 017 02-D 60 EA/1	Top right of the barcode is the 8 digit Item number (i.e. 53696062).

**FOR SUPPLIES NOT NORMALLY STOCKED ON YOUR AREA**

If you have an empty package on hand of the product you need, try and locate the reference# on the packaging. See label below showing Reference (Ref) #. Please have this reference available when calling.

<b>Reference (Ref) #</b>	<b>0402L16</b>
	
Note: Also can be referred to as CAT (catalogue number)	

If you don't have a Reference # or Item # to provide, please try to be as descriptive as possible about the product name, and what it looks like.

**IF MESSAGES ARE LEFT ON VOICE MAIL; PLEASE PROVIDE YOUR NAME, UNIT NAME AND EXTENSION NUMBER IN THE EVENT THAT WE NEED TO CALL YOU BACK FOR CLARIFICATION**

**IF NO ANSWER, LEAVE A MESSAGE. MESSAGES ARE CHECKED EVERY HOUR M-F, WEEKENDS EVERY FEW HOURS.**

**PAGE OVERHEAD FOR EMERGENCIES ONLY**

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OUELLETTE CAMPUS: STORES EXTENSION: 33183    MET CAMPUS: STORES EXTENSION: 52217

**HOURS OF OPERATION:**  
**7:00 AM—4:00 PM M-F      8:00 AM—4:00 PM WEEKENDS**

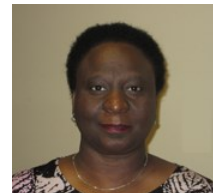
## INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



**Charlee Avian**  
RETAIL SERVER  
CAFETERIA



**Richard Goodoyal**  
REGISTERED PRACTICAL NURSE  
MEDICINE



**Lystra Cagan**  
REGISTERED NURSE  
INTENSIVE CARE UNIT



**Punamben Maisuria**  
UNIT CLERK  
SURGICAL UNIT



# The Impact of Wearing a Hat!



Hats On For Healthcare is in its 8th year as a fundraising initiative for the hospital and this year's planning again shows that it is a sustainable and looked-forward-to event.

It's more than just wearing a 'funny' hat for a day! It brings the community together in a common goal to raise funds for very important programs at Windsor Regional Hospital along with bringing fun, enjoyment and commonality to all, including our staff, physicians and volunteers.

Beginning in 2009, a 'toonie' to wear a hat has turned into approximately \$200,000 dollars raised for programs such as the Family Birthing Centre, Mental Health, Medicine and Surgical Programs and Rehabilitation. The Hats On For Healthcare Day is very similar to a 'dress down day'; however instead of wearing jeans, participants can wear a hat for a modest donation.

The Windsor Regional Hospital Foundation thanks the many organizations and businesses who have been loyal over the last 8 years that include schools (University of Windsor and St. Clair College), retailers, municipalities (City of Windsor and County of Essex), financial institutions, and individuals. There are many others who make up a list of supporters helping to raise funds.

This year, Hats On For Healthcare will host its media launch at the University of Windsor, Odette School of Business due to the incredible support that the MBA students have been providing for the last few years.

The actual Hats On For Healthcare Day takes place on Wednesday, March 1, 2017. Part of the day will include a remote broadcast by AM 800 CKLW Radio, hosted by Arms Bumanlag, pizza and refreshments at noon, musical entertainment in the Met and Ouellette lobbies and much more.

For more information on Windsor Regional Hospital Foundation's 'Hats On For Healthcare Day', go to [www.hatsonforhealthcare.com](http://www.hatsonforhealthcare.com)



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](http://www.hatsonforhealthcare.com)

## An Extraordinary Volunteer!

Congratulations to Tony Peters, a volunteer in the Cancer Program who celebrated his 97th birthday on December 20th. Tony is still going strong on behalf of cancer patients and helping them through their cancer journey. He was the Store Manager for Dominion Stores in Windsor for over 27 years. Tony has been a volunteer in the Cancer Centre for over 10 years now.

"I look forward every morning to coming to the Cancer Centre and don't really like it when the Centre is closed for the holidays," stated Tony. He is a very special volunteer who continues to give. Let us say that Tony just turned 97 years young!



Photo above: Tony Peters (left) with Monica Staley-Liang, Regional Vice President of the Regional Cancer Program



# BECOME A W.E. CARE FOR KIDS SpokesKid

**AUDITION: FEBRUARY 26 2017**

**REGISTRATION FEE: \$10, PROCEEDS TO BENEFIT W.E. CARE FOR KIDS**

W.E. Care for Kids is looking for a few great kids! We are looking for 10 volunteer SpokesKids to represent the Windsor Essex Care for Kids Foundation in upcoming marketing campaigns and media and fundraising events for the next two years. Registered auditions will take place at Devonshire Mall and open to the first 300 paid entries.

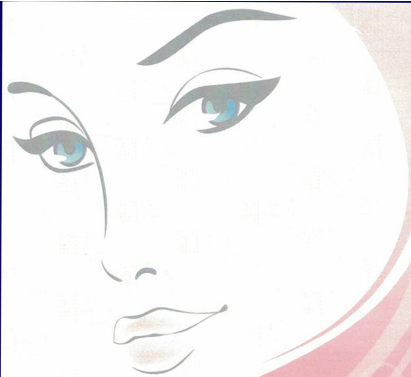
**Registration forms available at:  
www.WeCareforKids.org**



Sponsored by:



devonshiremall



**CIOCIARO  
CLUB  
OF WINDSOR**

**CELEBRATES  
INTERNATIONAL  
WOMEN'S DAY**

Wednesday March 8th, 2017

Proceeds to:



**MENU:**

- Appetizers/Antipasto
- Risotto
- Pasta
- Mixed Green Garden Salad
- Chicken Parmesan
- Roast Potatoes
- Vegetables
- Focaccia - Assorted Rolls
- Desert
- Coffee & Tea

Doors Open at 6:00pm  
Dinner to Follow

**Walk Through  
Fashion Show**

Explore Our Fabulous  
Beauty & Accessory Vendors

Tickets \$50 per person  
Cash Bar

For Tickets and Information please call:



Anna Vitti (519) 254-3355    Ilde Mariani (519) 991-2743    Anna Voza (519) 919-3960    Rita Petrilli (519) 735-9496



## Beef Barley Soup

Makes 4 servings

Prep Time: 20 min / Cooking Time: 75 min



### INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1/2 pound stew beef, cut into 1/2-inch pieces
- 1 medium-size yellow onion, coarsely chopped
- 2 medium carrots, cut into 1/4-inch coins
- 1 medium garlic clove, finely minced
- 6 cups Beef Stock, or low-sodium canned
- 1/4 cup pearl barley, rinsed
- 2 teaspoons coarsely chopped fresh thyme
- Parsley, for garnish

### METHOD

In a 6-quart soup pot, heat 2 teaspoons of the olive oil over medium-high heat. Add the meat and brown evenly, about 5 minutes. Using a slotted spoon, transfer the meat to a paper towel-lined plate. Reduce the heat to medium. Add the remaining oil and the onion and cook until the onion is soft and translucent, about 10 minutes, scraping the pot to loosen any brown bits. Add the carrots and garlic and simmer 5 minutes, stirring occasionally. Add 1/2 cup of stock and scrape the bottom of the pot. Add the remaining stock, the meat, barley, and thyme and bring to a boil. Reduce the heat and simmer, skimming the pot occasionally, until the barley is cooked and the meat is tender, about 50 minutes. Ladle into deep bowls and serve, garnished with parsley.

**NUTRIENTS Per Serving:** Calories: 198; Protein: 17g; Total Fat: 10 g; Carbohydrates: 13 g; Sodium 824mg



## Vendors On Display This Week!

**January 16 - 20, 2017**

\* Please note: Vendors subject to change

### MET CAMPUS

Little Red Door ▪ Scrub Shop ▪ Jon Bianchi Sterling  
Mutuals

### OUELLETTE CAMPUS

Smarts Last Call ▪ Just Jewellery ▪ Little Red Door;  
Stay Active