



# FRONTLINE SEPTEMBER 11, 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  
Met Campus-1995 Lens Avenue, Windsor, N8W 1L9 / Ouellette Campus-1030 Ouellette Avenue, Windsor, N9A 1E1

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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](https://twitter.com/WRHospital)

## United Way Campaign: Together, We Are A Possibility!

What if everyone in Windsor-Essex could buy, grow, cook and eat the healthy food they want?

What if every local child could participate in activities outside of school that help them learn, gain schools and get ready for the future?

What if every neighbourhood was able to improve conditions to make their community safer and stronger?

Poverty to Possibility, All That Kids Can Be, Strong Communities, those are the priorities of your local United Way Windsor-Essex County. All of us at Windsor Regional Hospital (WRH) can help make these visions a reality and for as little as a \$1 dollar per pay, it can make a difference!

The 2017 United Way Campaign kicks off this Wednesday, September 13th at WRH and we are hoping to surpass last year's donation total, which declined from 2016. We can do better! We want to demonstrate to our community that we share a vision for healthier families, brighter futures for our kids and better neighbourhoods!

We know WRH employees, professional staff, and volunteers all care about our community and want to see a brighter future for our friends and families!

Look for pledge forms in mail slots, on display tables at each campus, or by visiting the WRH Intranet.

As a little extra incentive, if you return a pledge card and raffle ticket to the Public Affairs Offices of either campus by noon on Thursday, September 21, you will be eligible to win our Early Bird prize of \$600 in gift cards!

Return pledge cards and raffle tickets by Noon on Thursday, September 28th and you will be eligible to receive:

- (7) Different Prizes Each of One Day Off With Pay
- (2) Rafih Auto Group Gold Detail Certificates (Value \$250 each)
- (2) Adventure Bay 4-Pack Family Passes
- (1) Betty Crocker Chopper and 3 piece Colander set
- (1) George Foreman Multi Cooker
- (1) 4 Piece Silicone Bakeware and Set of Non Stick Baking Pans
- (1) Free Oil Change Compliments of Maple Lube
- (5) \$20 Tim Hortons Gift Cards



**United Way  
Centraide  
Windsor-Essex County**

Together we can make a difference to so many people in Windsor and Essex County!

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



# UPCOMING EVENTS

**SEP 15** **India Canada Association Dinner**  
Fogolar Furlan Club of Windsor  
1800 N Service Rodd, Windsor

**SEP 21** **Windsor-Essex Job Fair**  
St. Clair Centre For The Arts  
201 Riverside Drive West, Windsor

**SEP 30** **W.E. Care For Kids Toy Raffle**  
Ciociaro Club  
3745 North Talbot Road, Windsor

**OCT 14** **Baby Steps Annual 5K Walk**  
Essex Arena  
60 Fairview Ave West, Essex

**OCT 15** **Essex County Chinese Association Walkathon**  
Dieppe Park  
78 Riverside Drive West, Windsor

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

**NOV 03** **W.E. Care For Kids Gala**  
St. Clair Centre For The Arts  
201 Riverside Drive West, Windsor

**NOV 03** **City of Roses Emergency Medicine Conference**  
Ciociaro Club  
3745 North Talbot Road, Windsor

**JAN 21** **EUROPRO Vertical Climb**  
FCA Chrysler Facility  
1 Riverside Drive West, Windsor

**MAR 07** **Hats On For Healthcare Day**  
[www.hatsonforhealthcare.com](http://www.hatsonforhealthcare.com)



People spread meningococcal bacteria to other people by sharing respiratory and throat secretions (saliva or spit). Generally, it takes close (for example, coughing or kissing) or lengthy contact to spread these bacteria. Fortunately, they are not as contagious as germs that cause the common cold or the flu. People do not catch them through casual contact or by breathing the air.

## WRH Celebrates Childhood Cancer Awareness Month

September is Childhood Cancer Awareness Month and Windsor Regional Hospital's Oncology POGO Clinic will host an information booth in the Met Campus first floor vendor lobby on three consecutive Tuesdays, (September 12, 19 and 26th).

A key focus this year is the 'Beads of Courage' program that provides children, undergoing difficult medical experiences an opportunity to earn a bead for each accomplishment achieved. You can purchase a 'Carry-A-Bead' kit for \$10. The idea is to provide a child with a bead along with an written inspirational message from you to encourage and give them uplifting hope. You keep the other bead as a reminder that you are thinking of the child through their daily struggles.

The Paediatric Oncology Group of Ontario (POGO) indicates that in Ontario, over 400 children are diagnosed with cancer every year and up to 4,000 children are receiving cancer treatment or follow-up care. Although cure rates are greater than 80%, approximately 60% of childhood cancer survivors face late effects such as neurocognitive impairments, fertility issues, and secondary cancers as a result of their disease and/or treatment.

Locally in the WRH Paediatric Oncology POGO Clinic, 55 patients were cared for and 738 clinic visits were recorded for 2016. This current fiscal year (2017), 60 patients have been treated and 929 clinic visits recorded.

"Those of us who have the privilege to work with children and their families challenged with a diagnosis of cancer always look upon this month as a time to remember those we have had the pleasure to serve at the Paediatric Oncology POGO Clinic," stated Dr. Leena Morgan, M.D., FRCPC, Chief of Paediatrics, WRH. "All of these children and families remind us of how fragile life can be however, they also show us how resilient, tough and determined they can be!

Be sure to visit the Childhood Cancer Awareness Booth every Tuesday in September during the month of September from 12:00 noon to 3:00 pm where, Child Life Services staff will answer questions and demonstrate how they work with young patients through reducing anxiety and stress through procedures.



## VENDORS ON DISPLAY

SEPTEMBER 11 - 15, 2017

**Met Campus** – Kidbits, Unique Books, Glad Renaud, Funky Living, Coconut Oil of Canada  
**Ouellette Campus**-Lories Glass, Funky Living, Kidbits

\* Please note that vendors are subject to change.

## INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



**Trishu Vather**  
PHARMACY  
RESIDENT  
PHARMACY



**Nicola Dezell**  
ENVIRONMENTAL  
SERVICE WORKER  
HOUSEKEEPING



**Alexander  
Wielebnowski**  
REGISTERED NURSE  
2 NORTH - MEDICINE



**Amanda Schram**  
HUMAN RESOURCES  
ADVISOR  
HUMAN RESOURCES

## Corvette Club Of Windsor Continue To Drive Toward Success!

An annual event is the Corvette Club of Windsor Display and Show at Dieppe Park each summer in June that attracts car buffs from as far away as Montreal, Ohio and Michigan. As a result of their event, representatives visited the Met Campus with their vehicles and presented the Paediatric Oncology POGO Clinic with \$6,366 in support of children receiving treatment for cancer.

The first Corvette rolled off the GM assembly line in 1953, valued at \$3500 dollars. Today, a Grand Sport Coupe Convertible Corvette is worth over \$60,000. Throughout North America, there are over 800,000 collectible Corvette vehicles registered.



Representatives from the Corvette Club of Windsor, Paediatric staff and Clinic patient, Andrew (in the drivers seat). Since 2011, the Corvette Club of Windsor has donated up to \$28,500 to the Clinic. This year, Bryan Hansen, corvette show organizer brought Corvette hats for the young patients in the clinic.

INDIA CANADA ASSOCIATION (WINDSOR-ESSEX COUNTY)  
in association with  
WINDSOR REGIONAL HOSPITAL FOUNDATION

# Gala Dinner

Friday, September 15, 2017

Fogolar Furlan Club • Reception: 6:00pm/ Program: 7:00pm  
Tickets are \$60.00 each or \$550 for a table of 10

India Canada Association would like to thank all those who enabled us in the past to change the lives of people around the world. Help us continue our work and join us for an enchanting evening of delicious Indian food, live Bollywood style entertainment, inspiration, socializing and fundraising.

Guest Speaker: Manjusha Pawagi  
Judge, Mother, Cancer Survivor and Author



For tickets and sponsorships please call:

Shrenik Parikh, President: 313-655-1458  
Jason Sekhon: 519-981-1579      Faresh Jariwala: 519-317-7301  
Nishita Sharma: 226-975-5666      Toskeen Jamali: 519-566-9560  
Gisele Seguin: 519-987-3160      Anju Bhatia: 519-566-8109  
Purnimaji Kumar: 519-903-7237

www.icadinner.ca



TOGETHER WE CAN  
MAKE A DIFFERENCE!



## 2017 UNITED WAY CAMPAIGN

Look for your United Way Pledge Card on September 13th  
in Mail Slots, on the Intranet or on Display Tables in Lobbies

Return your pledge card and raffle ticket (see below) by

**NOON, THURSDAY, SEPTEMBER 21, 2017**

to Linda McLean, Public Affairs (Ext. 52005) OR  
David Lenz, Public Affairs (Ext 32539) and you will be **ELIGIBLE TO WIN:**

**\$600 in Gift Cards of Your Choice!**

(Get yourself an Apple TV, the latest fashion or free groceries for a month!)

All pledge cards and raffle tickets returned by  
**Noon - Thursday, September 28th**

Will be eligible to WIN one of the following prizes:

- (7) Different Prizes Each of One Day Off With Pay
- (2) Ralih Auto Group Gold Detail Certificates (Value \$250 each)
- (2) Adventure Bay 4-Pack Family Passes
- (1) Betty Crocker Chopper and 3 piece Colander set
- (1) George Foreman Multi Cooker
- (1) 4 Piece Silicone Bakeware and Set of Non Stick Baking Pans
- (1) Free Oil Change Compliments of Maple Lube
- (5) \$20 Tim Hortons Gift Cards

Minimum \$26 (\$1 per pay or Cheque/Cash/Credit Card) donation to be eligible

DETACH Ticket for Draw: Return WITH Pledge Card, to the Public Affairs/Foundation Offices:

Met Campus: Linda McLean; Quellerie Campus: David Lenz. Pledge card must accompany raffle ticket.

Name: PLEASE PRINT

Department:  
(please print)

Extension:



## BUTT OUT BY JAN. 1

Due to provincial legislation that comes into effect on January 1, 2018, there will be no smoking allowed of cigarettes, e-cigarettes, medical marijuana any other tobacco product anywhere on hospital property.

We recognize quitting smoking is difficult. That's why we're doubling our efforts to educate staff about the benefits of quitting smoking!

We are happy to introduce "Butt Out by Jan. 1" – a WRH intranet page with tips and facts about quitting smoking. This page, found by clicking the "Butt Out" button on our intranet home page, provides tips and links for staff, physicians and volunteers who are struggling to quit.

Also, if you've been able to quit, or know someone who did like a friend or family member, tell us how it was done! Telling people how you or someone you know was able to kick the habit can encourage and inform those who are struggling to quit themselves, including our colleagues! You can also tell us how quitting smoking has improved your life!

Tell us how you or your friend quit in 100-200 words and we will enter you in a contest for a \$100 gift card!

## Great Flood A Dripping Success!

Thank you to all staff and volunteers who stopped by the (bar) and had a mock tail drink in celebration of surviving the great flood of 2017! The drinks were appropriately named the 'Sink or Swim Sling' (aka California Iced Tea) and a 'High Water Mule' (aka Fuzzy Peach), were enjoyed by all.

A big thank you to all those who were wading in backed-up rain water on August 29th and worked diligently for several hours to provide service to patients and families. Through high water and tides, the team came through! CONGRATULATIONS!



## RECIPE OF THE WEEK

### Vegan Buddha Bowl

**Makes 4 servings Preparation: 30 min**  
**Cook Time: 30 min**



#### INGREDIENTS

- 1 medium sweet potato, 1-inch chunks
- 3 tablespoons extra-virgin olive oil
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 2 tablespoons tahini
- 2 tablespoons water
- 1 tablespoon lemon juice
- 2 cups cooked quinoa
- 1 15-ounce can chickpeas
- 1 firm ripe avocado, diced
- ¼ cup chopped fresh cilantro or parsley

#### DIRECTIONS

Preheat oven to 425°F. Toss sweet potato with 1 tablespoon oil and ¼ teaspoon each salt and pepper in a medium bowl. Transfer to a rimmed baking sheet. Roast, stirring once, until tender, 15 to 18 minutes. Meanwhile, whisk the remaining 2 tablespoons oil, tahini, water, lemon juice, garlic and the remaining ¼ teaspoon each salt and pepper in a small bowl. To serve, divide quinoa among 4 bowls. Top with equal amounts of sweet potato, chickpeas and avocado. Drizzle with the tahini sauce. Sprinkle with parsley (or cilantro)..

**NUTRIENTS Per serving:** Serving size = 1 ½ cups

Calories: 455 kcal, Protein: 11 g, Fat: 25g, Carbohydrate: 51 g, Sugar 3g, Fibre: 11g, Sodium: 472mg

## Safety Spotlight Presents...



**Michael Broderick**

Meet Michael,

Mike is the Manager, Security and Fire Safety and has been on the Joint Health & Safety Committee (JHSC) for 6 years and is the current Manager Co-Chair for the Met campus JHSC. Being part of the committee allows Mike to be a voice for safety and change within the organization. Mike enjoys golf and hockey in his spare time and if he could only eat one food everyday for the rest of his life, it would be a full breakfast.

Thanks Mike for your time and dedication to the JHSC!

**JOB FAIR**  
www.wejobfair.ca

**TAKE YOUR CAREER IN THE RIGHT DIRECTION!**  
**THURSDAY, SEPTEMBER 21, 2017**  
11AM - 7PM  
St. Clair Centre For The Arts  
201 Riverside Drive West, Windsor

For more information on the job fair please email us at [wejobfair@gmail.com](mailto:wejobfair@gmail.com)  
If you require an accommodation to attend, please contact the event organizer at the email above.

centerline, ACME, Dakota, Caesars, Mucci, windser mold group, Lyggett & Platt, FORCE, TRQSS