



# FRONTLINE OCTOBER 2, 2017 TRIBUNE

VOLUME 5 / EDITION 36



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

## IN THIS WEEK'S ISSUE

- 1 • AUTHOR VISITING WRH TO SPEAK ABOUT WINDSOR'S HISTORY
- 2 • BUTT OUT BY JAN. 1: HOW I QUIT  
• SCHEDULE OF EVENTS  
• NEW FACES AT WRH
- 3 • STARLIGHT & TOYS R US COLLABORATE  
• VON WINDSOR-ESSEX REUNION  
• WORLD MENTAL HEALTH DAY
- 4 • A GIRLS NIGHT OUT  
• RECIPE OF THE WEEK  
• BABY STEPS WALK  
• ESSEX COUNTY CHINESE ASSOC. CHARITY WALK-A-THON

## Author Visiting WRH To Speak About Windsor's History

Windsor's own Poet Laureate, Marty Gervais, is returning to Windsor Regional Hospital on Tuesday, October 3 for one exciting new reading and signing as part of BookFest and the City of Windsor's Literary Arts Windsor 2017 Fall Event Series. Tradition dates back to the Italy Classical Age in the 1300's where a poet laureate is a poet officially appointed by a government or conferring institution, who is often expected to compose poems for special events and occasions.

BookFest is an annual event which, since 2002 promotes literary arts in partnership with local organizations including the University of Windsor, Windsor Public Library, Art Gallery of Windsor, local elementary and secondary schools, local art and music venues, restaurants, and Windsor Regional Hospital. Readings are held at various locations in support of BookFest.

This year, we are happy to welcome back local author, Marty Gervais who will offer a reading from his new book "Five Towns: Touring Windsor's Past." The book takes readers on a narrative walking tour of Ford City, Riverside, Walkerville, Windsor, and Sandwich. Along the way, tales of indigenous curses, rum-running, riots, union-busting, horse-racing nuns, lethal lightning strikes, and murderous ministers abound!

Anyone with an interest in local history or any book lover interested in meeting and hearing Marty can meet him at the following locations and times:

- Tuesday, October 3, 2017 / 10:00am  
Met Campus, First Floor Lobby
- Tuesday, October 3, 2017 / 2:00pm  
Ouellette Campus, Goyeau Lobby

Come on out and join Marty Gervais and fellow book lovers for tales of our city's rich history!



Photo above: Marty Gervais, an award winning journalist, photographer, poet, playwright, historian, editor and teacher.

**Literary Arts Windsor  
2017 Fall Event Series**  
Save the date - BOOKFEST WINDSOR - Oct. 20 - 22 - [www.bookfestwindsor.com](http://www.bookfestwindsor.com)

FREE EVENT - OPEN TO THE PUBLIC

Marty Gervais presents  
**FIVE TOWNS**

Reading, book sales and signing  
**Tues., Oct 3**  
**Windsor Regional Hospital**

10 am  
First Floor  
Lobby Lens  
(Met) Campus

2 pm  
Goyeau Lobby  
Mezzanine  
Level  
Ouellette  
Campus

READ INDEPENDENTLY  
**BIBLIOASIS**



## 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)

**Ron Foster, Editor**  
[ron.foster@wrh.on.ca](mailto:ron.foster@wrh.on.ca)  
519-254-5577 ext. 52003

**Gisele Seguin**  
[gisele.seguin@wrh.on.ca](mailto:gisele.seguin@wrh.on.ca)  
519-254-5577 ext. 52008

**Steve Erwin**  
[steve.erwin@wrh.on.ca](mailto:steve.erwin@wrh.on.ca)  
519-254-5577 ext. 33350

**David Lenz**  
[david.lenz@wrh.on.ca](mailto:david.lenz@wrh.on.ca)  
519-254-5577 ext. 32539



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



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

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



# UPCOMING EVENTS

- 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** **EUROPPO Vertical Climb**  
FCA Chrysler Facility  
1 Riverside Drive West, Windsor
- JAN 27** **Transition To Betterness Gala**  
Caesars Windsor  
377 Riverside Drive East, Windsor
- MAR 07** **Hats On For Healthcare Day**  
www.hatsonforhealthcare.com
- MAR 08** **International Women's Day**  
Ciociaro Club  
3745 North Talbot Road, Windsor
- MAR 08** **Run For Windsor-Essex**  
Riverfront Festival Plaza  
1 Festival Plaza, Windsor



A vaccine being developed against the Middle East respiratory syndrome (MERS), has successfully passed phase 1 trials and has received a nod for the second set of trials by the South Korean Ministry of Food and Drug Safety.



## BUTT OUT BY JAN. 1

### How I Quit: Stories From Colleagues

Are you an ex-smoker or know of one who has tips to help your colleagues kick the habit?

There's still time to send us a note in 100-200 words on how you or someone you know quit smoking in time for a draw for a \$100 gift card before Thanksgiving weekend!

As noted in previous newsletters, 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 on hospital property. This means, by law, we also must close the remaining Designated Smoking Areas on hospital grounds by New Year's Day.

We know quitting smoking is difficult. 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!

We have uploaded some great notes from former smokers. Here are a couple of examples:

"After numerous years and numerous attempts to quit smoking, I finally did 13 years ago. Other methods were tried in the past including acupuncture, medication, etc. It was not planned at this time and nowhere near New Year's; however, I did use Nicorette Inhaler and regular gum, and the greatest trick of all was changing my habits as well as delaying my urge by doing something else, such as drinking water or chewing on ice cubes. I still get the occasional craving; however, I know what would happen and use the delay tactics again and again."

"I never really tried to quit. Then my husband had a heart attack and he quit immediately. A year later the price of cigarettes went up, I was fed up so I just said I'm DONE! When I was having a really bad craving I would go to my friends house who smoked and just breathed in the air. It helped in the beginning. I am still smoke free after four years. I have more money, and I don't stink!"

More information including tips and links on quitting smoking area available at [www.wrhubbutout.ca](http://www.wrhubbutout.ca).



### INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



**Angela Peters**  
PAYROLL  
CLERK  
FINANCE



**Dr. Fatima Taboun**  
PHYSICIAN  
OBSTETRICS &  
GYNECOLOGY



**Kelly Bui**  
FRACTURE CLINIC  
CO-OP STUDENT  
VOLUNTEER SERVICES



**Shelby-Anne Szarko**  
REGISTERED  
NURSE  
MENTAL HEALTH PROGRAM

## Starlight and Toys R US Collaborate To Fund Windsor Regional Hospital

For over 23 years, Starlight Children's Foundation has been transforming the lives of Canadian children who live with serious illness. What makes Starlight unique is that they are there for the entire journey, from the emergency room to recovery.

Their mission is to partner with experts to improve the life and health of kids and families around the world.

Starlight Children's Foundation partners with Toys R Us to raise funds. Toys R Us, internationally, has raised \$1.75 million during their last campaign. In partnership, a grant program was established as one of the many programs which Toys R Us offers support. This is the ninth year for the grant program where, over \$900,000 has been distributed to hospitals across Canada.

Recently, Starlight Children's Foundation Canada representative, Krystine Ross visited the local Toys R Us store on Howard Avenue and presented Holly Whitehead, representing Paediatric Child Life Services with a grant of \$2000. The funds will support the revamping of Child Life's special needs resources to better serve this patient population while they are in hospital. It will assist special needs children affected by distraction, relaxation and stimulation.



Photo above: Toys R Us staff with Krystine Ross of Starlight and Holly Whitehead, Paediatric Child Life Services.



**OCTOBER 10, 2017**

"Let's Break the Stigma" about mental health is the motto for World Mental Health Awareness Day. Research notes that the Centres for Disease Control and Prevention report that approximately 25% of adults have a mental health condition and about 50% may develop mental illness during their lifetime. Among children and adolescents, rates range between 20 to 30%. It is important that we address these difficulties because they impact an individual's daily functioning such as maintaining relationships with friends and family, being able to focus at school or work and, how people cope with chronic health conditions such as cancer.

"Let's Break The Stigma" – Talk It Up about Mental Health!



**CANADA**  
**Windsor-Essex**

CELEBRATING



Join us for our  
*Reunion*

Former & Current Staff  
& Volunteers

**November 3, 2017**

5-8 pm | Fogolar Furlan

1800 N Service Rd,  
Windsor

Tickets: **\$25.00**

*Hors d'oeuvres*  
& Cash Bar

For more information please contact:

Karen Fletcher | [karen.fletcher@von.ca](mailto:karen.fletcher@von.ca)

VON Windsor Essex | [www.vonwindsoressex.ca/events](http://www.vonwindsoressex.ca/events) | (519) 254-4866

Design and printing donated by  Families First

## VENDORS ON DISPLAY

**OCTOBER 2 - 6, 2017**

**Met Campus:** Kidbits, Premier Cosmetics, Funky Living, Just Jewellery

**Ouellette Campus:** Custom Essentials, Coconut Oil of Canada, Premier Cosmetics, Kidbits

\* Please note that vendors are subject to change.

## Safety Spotlight Presents...

Meet Gerri,



**Gerri Carey**

Gerri currently works at the Welcome Desk at the Met Campus and is the Worker Co-chair for the Joint Health & Safety Committee (JHSC). Gerri has been with WRH for 40 years, and approximately 35 years on the JHSC. Her favorite thing about being on the JHSC is helping others resolve issues and concerns. A safety word that best describes Gerri is 'education' as she enjoys teaching others about safety prevention. If she were to win the lottery, Gerri would buy a new car and new home. She also enjoys watching movies with friends and helping others in her spare time.

Thank you Gerri for all your time and dedication to the JHSC!



# A Girls Night Out In Handbag Heaven

Featuring the Auction of Handbags donated by Celebrities, Retailers and Generous Individuals

Thursday, October 26th, 2017 / GIOVANNI CABOTO CLUB  
Doors Open 5:00 PM / Dinner 6:30 PM

## Tickets

\$60.00 Each / \$550.00 Table of 10

Ticket price includes Dinner, Tim Hortons Coffee Bar and much more.

Call: 519-735-0211 Email: info@dogooddivas.com

Master of Ceremonies  
Percy Hatfield, MPP

Windsor - Tecumseh



Proceeds to benefit the care and comfort of patients at  
Windsor Regional Hospital.

Handbag Donations Appreciated | Drop off during business hours at

Harmony Day Spa  
4114 Walker Road, Ferrari Plaza, Suite 3  
Windsor, Ontario N8W 3T5

Forest Glade Fireplaces  
11400 Tecumseh Road  
Windsor, Ontario N8N 1L7

www.dogooddivas.com

# RECIPE OF THE WEEK

## Maple-Roasted Sweet Potatoes

Makes 6-8 servings: 1 Serving is ½ cup

Preparation: 10 min

Cook Time: 70 min

### INGREDIENTS

- 8 cups of sweet potatoes, peeled and cut into 1½-inch pieces
- ½ cup pure maple syrup
- 2 tablespoons butter, melted
- 1 tablespoon lemon juice
- ½ teaspoon salt
- Freshly ground pepper, to taste



### DIRECTIONS

Preheat oven to 400°F. Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

### NUTRIENTS Per serving:

Calories: 92 kcal, Protein: 1 g, Fat: 2g, Carbohydrate: 18 g, Sugar 5g, Fibre: 2g, Sodium: 119mg

## 加拿大雅斯郡華人協會 Essex County Chinese Canadian Association

Sunday  
Oct. 15  
2017



為本埠醫院購買醫療設備

TO PURCHASE MEDICAL EQUIPMENT FOR LOCAL HOSPITAL

集合地點: 河濱公園

Where: Dieppe Park

集合時間: 上午10點

When: 10:00am

路程: 河濱公園-->大使公園-->河濱公園

Route: Dieppe Gardens --> Ambassador Park --> Dieppe Gardens

報名

請於09/10/2017或之前把填妥的報名表格, 連同捐款總額交到華協會。

Registration

Please return registration form and total donation to ECCCA on or before 09/10/2017

changes the world. Every life, no matter how brief, forever.

PRESENTED BY  
HOLY NAME COUNCIL 3305

# BABY STEPS

ANNUAL PREGNANCY AND INFANT LOSS  
AWARENESS 5K WALK

**OCTOBER 14, 2017 ESSEX, ONTARIO**

IN COOPERATION WITH  
HOLY NAME COUNCIL 3305  
LADIES AUXILIARY

BABY STEPS WALK TO REMEMBER 5K

ESSEX ARENA, ESSEX, ON.

REGISTRATION PACKAGE PICKUP 8AM

WALK STARTS AT 9AM

\$25 REGISTRATION FEE

INCLUDES LUNCH, T SHIRT, GIFT BAG

REGISTRATION DEADLINE SEPTEMBER 15 2017

LATE REGISTRATION CANNOT GUARANTEE T SHIRT OR GIFT BAG

QUANTITIES ARE LIMITED

TO REGISTER AND FOR MORE INFORMATION VISIT

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

OR CONTACT

ESSEX BABY STEPS @ [essexbabystepswalktoremember@gmail.com](mailto:essexbabystepswalktoremember@gmail.com)

PATTI HARRISON 519-903-6249

PROCEEDS TO BABY'S BREATH & WINDSOR REGIONAL PERINATAL DEPARTMENT