



FRONTLINE OCTOBER 9, 2017

TRIBUNE

VOLUME 5 / EDITION 37



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** • SEASON 2 OF CANSWERS CENTRE LIVE STARTS NEXT WEEK
- 2** • BUTT OUT BY JAN.1: HOW I QUIT
• SAFETY SPOTLIGHT
• SCHEDULE OF EVENTS
• NEW FACES AT WRH
- 3** • WINDSOR SPITFIRE TRADITION CONTINUES
- 4** • CANCER CARE SCREENING
• RECIPE OF THE WEEK
• BABY STEPS WALK
• ESSEX COUNTY CHINESE ASSOC. CHARITY WALK-A-THON

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

Ron Foster, Editor
ron.foster@wrh.on.ca
519-254-5577 ext. 52003

Gisele Seguin
gisele.seguin@wrh.on.ca
519-254-5577 ext. 32008

Steve Erwin
steve.erwin@wrh.on.ca
519-254-5577 ext. 33350

David Lenz
david.lenz@wrh.on.ca
519-254-5577 ext. 32539



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



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

Season 2 of CANSWERS CENTRE LIVE! Starts Next Week!

The latest season of CANSWERS CENTRE LIVE! begins next week with a discussion on hair loss.

CANSWERS CENTRE LIVE! is an interactive, live webcast where patients, survivors and loved ones can participate in a monthly Facebook discussion about issues related to the emotional side of the cancer journey. Participants are invited to share their experiences, ask questions and get answers in real time during the live stream.

CANSWERS CENTRE LIVE! is one of several initiatives staff are working on to improve the experience for patients here in Windsor-Essex by addressing some of their biggest worries and concerns, while connecting them to others who understand.

"This type of reaching out through live casts 'normalizes' the cancer diagnosis and helps with the fear of being alone," one participant commented during last year's season finale. "Many people can now identify with each other and be cheered and coached by this program."

Last season, the webcast covered topics including Cancer and Sexuality, Survivorship, Nutrition and Relationships. A special edition called Live from the Chemo Suite with Michelle Prince attracted 25,000+ viewers from across Canada and as far away as Germany.

"Thank you so much for streaming this," one viewer commented during the special where viewers were given the opportunity to connect with Prince and ask her questions which she answered while receiving her chemo treatment. "I start my chemo journey next Thursday. This is so helpful and reassuring!"

That's what it's all about says Allison Johnson, Manager of Communications at WRH and host of CCL.

"The idea is to pull the curtain back a bit, give people a glimpse inside the cancer journey and make that journey a little less scary for the next person," says Johnson. "CANSWERS CENTRE LIVE! is a place participants can engage and get information on topics that matter to them, without leaving their homes."

This season, CCL producers are hoping to give viewers more behind the scenes looks at life in the Cancer Centre and in the community. The first discussion, called "Hair Loss: The Second Big Blow" will stream live from a local mastectomy boutique.

Season 2 of CANSWERS Centre Live! premieres Wednesday, October 18, at 7 pm. You can join the discussion by liking WRH on Facebook and tuning in for the live webcast next Wednesday evening. You can also email your thoughts, questions or future topic suggestions to canswerscentre@wrh.on.ca.



Visit our website for more information at 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** **EUOPRO Vertical Climb**
FCA Chrysler Facility
1 Riverside Drive West, Windsor
- JAN 27** **Transition To Betterness Gala**
Caesars Windsor
377 Riverside Drive East, Windsor
- FEB 10** **In Honour Of The One We Love Gala**
Ciociaro Club
3745 North Talbot Road, Windsor
- MAR 07** **Hats On For Healthcare Day**
www.hatsonforhealthcare.com
- MAR 08** **International Women's Day**
Ciociaro Club
3745 North Talbot Road, Windsor



The shingles vaccine is recommended for anyone over 60. It reduces the risk of developing shingles by 51%, but more importantly reduces post-herpetic neuralgia (pain) by 67%.



BUTT OUT BY JAN. 1

How I Quit: Stories from Colleagues

Thank you to all of you who submitted your tips and stories about how you quit smoking! This week we will highlight the winner of our draw for a \$100 gift card and congratulate Sherry Harris, RN, Renal Program!

Here's what Sherry wrote about how she quit five years ago this month:

"I quit smoking Oct 22, 2012. I had been smoking for more than 20 years. It was very difficult to quit and I was quite irritable. I used e-cigarettes with nicotine to quit. In the beginning I was using the e-cigarettes very frequently. After a while I started to buy e-cigarette fluid with a lower concentration of nicotine. I began using them less and less and within a year did not use them at all. I am so glad I was finally able to quit this time. I have since taken up running and biking. I can now keep up with my children and my grandchildren without struggling for breath during activities. The world smells so much better now!"

E-cigarettes worked for Sherry but there are many methods to quit smoking that others have used successfully. We will continue to share tips from staff in the weeks ahead as we move towards the provincially mandated complete ban on smoking on hospital grounds, taking effect January 1st, 2018.

More information including tips and links on quitting smoking area available at www.wrhubbutout.ca.

Safety Spotlight Presents...



Dom Marcotte

Meet Dom,

Dom has been with the hospital for 15 years and works in the Facilities Department. During his 2 years on the Joint Health & Safety Committee (JHSC), he has served as the UNIFOR Skill Trades worker representative. In his spare time, Dom enjoys archery and archery competitions. In fact, if he was to win the lottery, his first purchase would be a new bow!

Dom is stepping down from his role and we want to thank you Dom for your time and dedication you have given to the JHSC!

VENDORS ON DISPLAY

OCTOBER 10 - 13, 2017

Met Campus: Brands 4 Less, Home Instead, Hook & Needle Crafts; Little Red Door, Coconut Oil of Canada

Ouellette Campus: Little Red Door, Coconut Oil of Canada, Stuffin Bears

* Please note that vendors are subject to change.

INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Randi St. Onge
REGISTERED PRACTICAL NURSE
BE NEUROSURGERY



Paige Pierce
ENVIRONMENTAL SERVICE WORKER
HOUSEKEEPING



Giulian Carlini
REGISTERED NURSE
EMERGENCY DEPARTMENT



Selena Santia
REGISTERED NURSE
PAEDIATRICS

Windsor Spitfire Tradition with Windsor Regional Hospital Continues

An annual event is the monthly meet and greet by hockey players with Paediatric kids in the hospital during the Windsor Spitfire season. Thanks to CenterLine Windsor, season tickets are provided to children with Paediatric clinic visits and inpatients at Windsor Regional Hospital.



The first meet and greet took place on September 26 with the Memorial Cup Trophy on display with Spitfire players, Michael DiPietro, Aaron Luchuk and Tyler Nother visiting several kids including Jack Piosson and Judy Theissen.



The Windsor Spitfires have a great history. The original team played in the Ontario Hockey Association from 1945 to 1953. After a 17-year hiatus from junior hockey, the modern-day Windsor Spitfires began operations in 1971, playing four years in the Southern Ontario Junior A-Hockey League. In 1975, the team was granted entry as an expansion franchise in the Ontario Major Junior Hockey League (OHJHL), later becoming the Ontario Hockey League (OHL). The Spits won their first-ever major junior game in 1975, beating the Sudbury Wolves 11-10.

Peter Karmanos (founder and CEO of Compuware) bought the team in 1984 and renamed it the Windsor Compuware Spitfires. He sold the team to Steve Riolo after the 1988-89 season, reverting the name back to the Windsor Spitfires.

In 2006, a new ownership group took command: Bob Boughner, President and CEO, and Head Coach, Warren Rychel, Vice-President and General Manager and, Peter Dobrich, the Club's Governor.

In 2008, the new WFCU Centre opened, where the Windsor Spitfires moved from the 84-year old Windsor Arena. The franchise began an historic run during the 2008-2009 season, winning the first of back-to-back Ontario Hockey League Championships and MasterCard Memorial Cup titles – feats duplicated in the 2009-2010 season, as the club won another OHL title before winning its second-consecutive MasterCard Memorial Cup title in Brandon, Manitoba.

Ownerships shifted again when, John Savage, Stephen Savage and Brian Schwab, owners of Cypher Systems Group bought the Windsor Spitfires team.

In 2016, the Canadian Hockey League announced the Spitfires would host the 2017 MasterCard Memorial Cup in May 2017. Thanks to months of planning and hard work, the Spitfires overcame a 44-day break between their elimination from the Ontario Hockey League playoffs. In the Memorial Cup, they achieved a 3-0 in the round-robin before defeating the Erie Otters 4-3 on Sunday, May 28 to capture their third MasterCard Memorial Cup in nine years and first ever on home ice. Go Spits!



www.windsorspitfires.com

over
50?

Talk to your
healthcare
provider about
getting screened
regularly for
breast cancer.



To learn more, visit
www.cancercare.on.ca/bcam



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

RECIPE OF THE WEEK

Cream of Turkey & Wild Rice Soup

Makes 4 servings

Preparation: 35 min / Cook Time: 35 min



INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 2 cups sliced mushrooms, (4 ounces)
- 3/4 cup chopped celery
- 3/4 cup chopped carrots
- 1/4 cup chopped shallots
- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 4 cups reduced-sodium chicken broth
- 1 cup quick-cooking or instant wild rice, (see Ingredient Note)
- 3 cups shredded cooked chicken, or turkey (12 ounces; see Tip)
- 1/2 cup reduced-fat sour cream
- 2 tablespoons chopped fresh parsley

DIRECTIONS

Heat oil in a large saucepan over medium heat. Add mushrooms, celery, carrots and shallots and cook, stirring, until softened, about 5 minutes. Add flour, salt and pepper and cook, stirring, for 2 minutes more. Add broth and bring to a boil, scraping up any browned bits. Add rice and reduce heat to a simmer. Cover and cook until the rice is tender, 5 to 7 minutes. Stir in turkey (or chicken), sour cream and parsley and cook until heated through, about 2 minutes more.

NUTRIENTS Per serving:

Calories: 378 kcal, Protein: 37 g, Fat: 11g, Carbohydrate: 29 g, Sugar 3g, Fibre: 3g, Sodium: 364mg

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 330
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

OR CONTACT

ESSEX BABY STEPS @ essexbabystepswalktoremember@gmail.com

PATTI HARRISON 519-903-6249

PROCEEDS TO BABY'S BREATH & WINDSOR REGIONAL PERINATAL DEPARTMENT