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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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WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

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Goyeau Street Road Work

Please be advised that the City of Windsor has contracted significant road repair work for Goyeau Street that is scheduled to commence the week starting October 23, 2017.

The work to repave the street from Erie St. to Giles Blvd. is expected to last 5-7 days (depending on the weather). This will result in a temporary disruption to normal access to the Ouellette campus from the Goyeau St. side. This work is required as part of local road infrastructure improvements and the goal is to have the work completed as quickly as possible while having a minimal impact on patients, visitors, staff, physicians and volunteers.

We have worked with the City of Windsor to ensure ambulances have an accessible route to the Emergency Department, with the work being done on the east side of the street first, then the west side, accommodating access to the ED in both cases.

We know, however, that this will create some congestion and frustration for patients and visitors coming to the Ouellette campus, as well as those coming to work.

We will be notifying the public through social media and mainstream media that the work is being conducted, and recommend they give themselves a little more time to get to the hospital than they would normally require. We are also asking the public to be patient with road workers and volunteers stationed around the campus who will do their best to direct vehicles to where they can park.

The same message goes for staff: please plan additional time to get to work and anticipate some delays when you arrive at the campus. Also, where possible if staff can park further offsite than normal, please do so.

For parking, please consider "Lot G" which is at the northeast corner of Erie and Goyeau as an alternative to the two small lots on Goyeau that will see access closed during the first phase of the project. The "Viscount" lot and the parking garage may require an alternate access route but will have the same number of spots.

Here are some other suggestions to make travelling to the hospital a little easier and less congested during the repair work:

- We are asking all staff/volunteers/physicians to consider car-pooling and using public transit where possible.
- If you are a director/manager of personnel (non-clinical) who normally work at an Ouellette office but can work from home during the construction, please consider options that would allow yourself and/or your employees to work from home, where possible.
- Where possible, if you have scheduled a meeting with outside stakeholders at the Ouellette campus during the identified days, please consider postponing these gatherings for a future week.

We will advise as soon as the road work is completed and/or if there are delays in completion.

Visit our website for more information at www.wrh.on.ca



UPCOMING EVENTS

- 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
- JAN 27** **Transition To Betterness Gala**
Caesars Windsor
377 Riverside Drive East, Windsor
- FEB 03** **In Honour Of The One We Love Gala**
Ciociaro Club
3745 North Talbot Road, Windsor
- MAR 03** **Windsor Express Game For Hats On For Healthcare**
WFCU Centre
8787 McHugh Street, Windsor
- MAR 07** **Hats On For Healthcare Day**
www.hatsonforhealthcare.com
- MAR 08** **International Women's Day**
Ciociaro Club
3745 North Talbot Road, Windsor
- MAY 12** **Run For Windsor-Essex**
Riverfront Festival Plaza
1 Festival Plaza, Windsor



The World Health Organization launched a new strategy to reduce cholera deaths by 90% by 2030. Cholera affects 2.9 million people and causes 95,000 deaths each year, globally.

October Is Breast Health Awareness Month

The Comprehensive Breast Health Centre at the Met Campus provides an expedited breast assessment service to the region. The program is affiliated with Cancer Care Ontario, meets stringent quality standards, and is continually evaluated against national and provincial performance measurements.

Residents of Windsor and Essex County are not only assured of timely biopsy and diagnosis of breast cancer if a suspicious finding is identified, but they also receive rapid access to surgical consultation, surgery, and chemotherapy and/or radiation treatment.

Facts:

- Breast cancer is the most commonly diagnosed cancer in Canadian women
- 1 in 9 Canadian women will develop breast cancer
- Early detection and better therapies has reduced breast cancer deaths by 43% since the 1980's
- 5-year survival rate today is at 88% versus 73% in the 1980's

Windsor Regional Hospital and the Erie St. Clair Regional Cancer Program are proud of the Comprehensive Breast Health Centre and the service provided to women in the region. On creating the Centre, the hospital built on the knowledge that the most important thing for patients is knowing what happens next. Patients want timely access to tests and appointments and know that they are receiving the highest quality care possible.

Mammography remains the best breast cancer screening test as it is a safe and simple test that can detect cancer at an early stage, when it is small enough to treat successfully. Women between the age of 50 and 74 who have never had a mammogram, or, who had one more than two years ago, can obtain one at the Met Campus Breast Health Centre or by visiting their nearest OBSP (Ontario Breast Screening Program) location and making an appointment. No doctor's referral is required.



VENDORS ON DISPLAY OCTOBER 16 - 20, 2017

Met Campus: Lories Glass, Custom Essentials, The Shoreview, Edgukids, Ceramics; Barbs Healthcare, Coconut Oil of Canada, Sweets XS

Ouellette Campus: Edgukids, The Shoreview, Magnolia & Vine, Just Jewellery, Galaxy Alarm Systems, Funky Living; Norwex

Please note: Vendors subject to change.

INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Lisa Trif
REGISTERED PRACTICAL NURSE
8W NEUROLOGY



Rosangela Miceli
RETAIL SERVER
CAFETERIA



Shelley White
ENVIRONMENTAL SERVICE WORKER
HOUSEKEEPING



Jennifer Chibani
REGISTERED NURSE
EMERGENCY DEPARTMENT



BUTT OUT BY JAN. 1

How I Quit: Stories from Colleagues

As noted in previous editions of our newsletter, due to provincial legislation taking 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.

There is help to quit, and lots of advice. Some people claim they've been able to quit smoking "cold turkey." Others use nicotine replacement therapies such as the patch, or inhalers or gum. More recently some have tried "vaping" and approved medications.

For WRH Security Manager Michael Broderick, quitting had a lot to do with timing. He quit when he was suffering through a stomach bug and hasn't looked back.

"I had tried to quit numerous times, but could never stick with it after the first few days. It finally worked when I was sick with the flu, and tried to have a cigarette. The result was me getting sick to my stomach," he recalls. "From that point forward, the smell and taste of a cigarette brought on that nauseous feeling, which gave me the motivation to never want to smoke again. Kind of a unique circumstance, but I took advantage of the flu."

For Janet Johnson in Health Records, motivation came from not wanting to smell like smoke, or before legislation banned smoking from restaurants, having to sit in specific sections.

"I feel so much better now and am grateful I decided to stop big time," she says, adding that it's important for people to quit smoking as they age in the event they need surgery. "Ie are all getting older and at some point or another you may need it; it sure does make recovery a lot easier being able to breathe well."



learn your options

Breast cancer is the most common cancer in Ontario women. One in eight women will be diagnosed with breast cancer in her lifetime.



HALLOWEEN FAMILY SPOOKTACULAR

PRESENTED BY MIX96.7

HOSTED BY #T2BYOUTHAMBASSADORS
SATURDAY, OCTOBER 21ST | MALDEN PARK | 11AM-5PM

ALL PROCEEDS SUPPORT
THE RONALD MCDONALD HOUSE
WINDSOR & T2B PAEDIATRIC PROGRAMS

FREE ADMISSION
FROM 12-5PM

COSTUME CONTEST • GAMES*
ENTERTAINMENT • PUMPKIN DECORATING*
COTTON CANDY* • POPCORN* • COSTUME CHARACTERS
FAMILY PHOTO OPPS* • BBQ* • FACEPAINTING*
DOGGIE DAY CARE BY ANIMAL ANTICS
AND MUCH MORE!
*BY DONATION

FEATURING 5K9 DOGGIE COSTUME WALK

\$25 MINIMUM PLEDGE PER PERSON 11AM-12PM

IN PARTNERSHIP WITH: WINDSOR/ESSEX COUNTY HUMANE SOCIETY

FOR A WALK PLEDGE FORM VISIT: WWW.T2B.CA OR WWW.WINDSORHUMANE.ORG

IN PARTNERSHIP WITH: LiUNA!625, LIVE PRODUCTION GROUP, MIX96.7, RBC Bank, REMIX, ROSATI, WINDSOR REGIONAL HOSPITAL FOUNDATION, OFFICIAL PET PARTNER: HILLS SCIENCE DIET, THE STEPHANIE REKELMAN A BRADY FOUNDATION, Fuzzy Pumpkins

Safety Spotlight Presents...



Jeff George

Meet Jeff,

Jeff works as a Physics Associate (1) and has been with WRH for the past 17 years. Jeff has been on the Met Joint Health & Safety Committee (JHSC) for approximately 2 years and enjoys contributing to safety. If there was only one safety word Jeff would use to describe himself it would be "training".

Thanks Jeff, for your time and dedication to the JHSC!



CANADA
Windsor-Essex

CELEBRATING

9
YEARS
1927-2017

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

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

Design and printing donated by Families First

RECIPE OF THE WEEK

Stuffed Portobello Mushrooms

Makes 12 Servings / Preparation: 20 min / Cook Time: 10 min

INGREDIENTS

- 1 lbs sausage, cooked, crumbled, drained
- 2 cups (8 ounces) shredded cheese, divided
- ½ cup ricotta cheese
- 2 green onions, thinly sliced
- 3 tablespoons finely chopped sun-dried tomatoes, rehydrated
- 12 medium Portobello mushroom caps (4-inch diameter)
- 2 tablespoons olive oil
- 3 tablespoons balsamic vinegar (optional)

DIRECTIONS

Preheat oven to 350°F. Combine cooked sausage, 1 cup shredded cheese, ricotta cheese, onions and tomatoes in large bowl. Brush tops of mushroom caps with oil; place, top-sides down, in shallow baking pan. Top with sausage mixture. Drizzle with vinegar, if desired. Sprinkle with remaining shredded cheese. Bake 10-12 minutes or until mushrooms are tender.

NUTRIENTS Per serving:

Calories: 201 cal, Protein: 12g, Fat: 15g, Carbohydrate: 7g, Sugar 3g, Fibre: 1g, Sodium: 354mg



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

ONA Steps Up For Kids

The Ontario Nurses Association and WRH ONA Local 8 presented 15 Build-A-Bears to Paediatric Services last week as part of their community engagement program. Over 125 of the Build-A-Bears have been donated throughout Ontario by ONA members..



Photo above (l to r): Jennifer Burton Liang, Child Life Services; Kelly Bartnik, Manager of Paediatrics; Donna MacInnis, President, Local 8 ONA; Helle Little, ONA Labour Relations Officer; and, Colleen Hogan, Paediatrics Intern, attending the 'bears' donation at the Met Campus.