



# FRONTLINE OCTOBER 23, 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  
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## WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

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## Giving...Starts From Within

The Windsor Regional Hospital Family Giving Campaign is launching Wednesday, October 25, 2017 and this is advance notice that all staff who make a donation by October 30th have an opportunity to win an iPhone 8, the latest technology in cell phones.

Dr. Louis Brisson, Radiologist in the Diagnostic Imaging Department is this year's Campaign Chair. As Louis stated when accepting, "I am pleased to have been asked to Chair this year's Family Giving Campaign for the Windsor Regional Hospital Foundation. I have always felt that it is important to give back to support your hospital thus, supporting your community. It is something I have been doing and find it very rewarding."

Dr. Brisson went on to say, "It is always amazing to see that through the consolidated efforts of the staff at the hospital, approximately \$700,000 has been raised through the Family Giving Campaign over the last 10 years. The goal this year is \$100,000 and I know we can do it!"

The campaign will run for 5 weeks this year. Note that each week, there is a list of prizes that can be won simply by making a donation. If you donate by October 30 at noon, you are eligible for the **Early Bird** draw of an iPhone 8. Anyone making a donation **online** anytime during the five weeks (October 23 to November 24) will qualify for the Travel Package of a \$1,000 VIA RAIL Travel Voucher, \$250 Valente Travel Voucher and Samsonite Luggage Set. (Total Value \$1,500)

There are a number of easy ways to give ... by payroll deduction or cash, cheque or credit card. See the brochure circulated to you personally or visit [www.wrfamilygivingpledge.ca](http://www.wrfamilygivingpledge.ca). Review the list of areas you can donate to and see the recognition categories to be achieved as a result of your giving.

Complete the donor form and send it back to the Foundation Office at Ouellette Campus or Met Campus. If you have any questions, contact Brandon Osborne at 519-985-2656 or email

## Goyeau Road Repair Delayed By One Week

In last week's Frontline Tribune, we informed you that significant road repair work on Goyeau Street adjacent to Ouellette campus would be scheduled to commence this week starting October 23, 2017. That work has been delayed until October, 30, 2017 or later.

The work to repave the street from Erie Street to Giles Boulevard 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 Street side.

Story continues on Page 3.



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



More than 500 cases of pneumonic plague have been reported in Madagascar since August. The outbreak has hit all major cities and is spreading rapidly. Left untreated, pneumonic plague can be fatal in most cases.



## BUTT OUT BY JAN. 1

### Help to quit smoking is just a phone call away

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.

Even if you have selected a nicotine replacement therapy or other method on your road to quitting, it helps to have someone to chat with for support. Family and friends who want to see you succeed can offer great emotional support.

If you feel you need someone else to speak with, there are several numbers you can call for assistance:

Smokers' Helpline (SHL): 1-877-513-5333

Smokers' Helpline offers three different services to help you quit smoking:

- Online quit program- Supportive community, online tools, and a self-directed quit program.
- Phone quit program- Speak to a Quit Coach, build a Quit Plan, and receive one-on-one guidance.
- Text messaging support- Interactive support, scheduled messages, and help to cope with cravings.

All services are free and available in English and French. Interpreter service is available in over 100 languages for the phone quit program.

Motherisk: 1-877-439-2744

Motherisk is a helpline that provides information about the safety or risk of drugs, chemicals and disease during pregnancy and breastfeeding.

Lung Health Information Line: 1-888-344-5864

Speak with a Certified Respiratory Educator about lung disease, secondhand smoke, information about smoking cessation, and tips to help you quit.

## VENDORS ON DISPLAY OCTOBER 23 - 27, 2017

**Met Campus:** Accessorize it, Galaxy Alarms, Sweet Occasion Chocolates, Just Jewellery, Unique Books, Azara Boutique, G&D Jewellery; Robert Bishop Artist, Coconut Oil of Canada

**Ouellette Campus:** Scrub Shop, Home Instead, Funky Living, Robert Bishop Artist

Please note: Vendors subject to change.

### INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



**Elisa Lipari**  
REGISTERED  
NURSE  
NICU



**Dr. Dana Seslija**  
PHYSICIAN  
NEUROSCIENCES  
MEDICINE



**Panpan Liu**  
EYE SURGERY  
DEPARTMENT  
VOLUNTEER SERVICES



**Danielle Grondin**  
ULTRASOUND  
TECHNOLOGIST  
DIAGNOSTIC IMAGING

## Chinese Charity Walk-A-Thon

A small but enthusiastic group from the local Essex County Chinese community ventured the walkway from Dieppe Park to the Ambassador Park last Sunday, showing their collective support of Windsor Regional Hospital and the future state-of-the-art acute care hospital.

The Essex County Chinese Canadian Association has endorsed the hospitals system with letters of support and hosted an information evening for members where David Musy and Dave Cooke provided the history and an update on the plan.



Photo above: Members of the Essex County Chinese Canadian Association with hospital officials at the walk-a-thon held on October 15, 2017.

## Baby Steps Walk To Remember

The first of many to come, the Baby Steps Walk To Remember encouraged many to come out on a Saturday morning and share their experience of an infant loss and support the Windsor Regional Hospital Perinatal Bereavement Program at the Met Campus.

A hearty group of families participated in the 5 K walk which started from the Essex Arena and continued through the main street of Essex and circled back onto Fairview Avenue toward completion.

Families shared stories of a very personal loss of their infant. Rosemary Hogan, Chaplin with Windsor Regional Hospital spoke about the program noting that they are there to console and offer compassion at a time of need.



Photo above: A large group who participated in the 1st Annual Essex Baby Steps Walk to Remember.

## Goyeau Road Repair cont'd...

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. 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.

We will update staff by email when we are given a specific date for the road work to begin.



## CITY OF ROSES 5TH ANNUAL 2017 COMMUNITY MEDICINE CONFERENCE

FRIDAY, NOVEMBER 3, 2017

The Ciociaro Club, 3745 North Talbot Rd, Oldcastle ON N0R1L0

Time: 7:30am - 5:00pm

Come join us for a day of informative lectures & ED case studies pertinent to your daily work experiences. Breakfast, Lunch & Coffee Provided.

Cost: \$30 (plus \$2.40 eventbrite processing fee)

### AGENDA:

Dr. Paul Bradford - Event Moderator

- Dr. Simon Shanfield - Internal Medicine - Causes of Elevated Troponin: More Than ACS
- Dr. Jeya Nadarajah - Infectious Diseases - UTI in the ED
- Dr. Allison Morand/Dr. Paul Bradford - Emergency Medicine - A Different Spin: Trauma in the Rural / Setting - The Chatham Perspective
- Dr. Edward Sabga - Emergency Medicine - Quick Bedside Diagnosis
- Dr. Alice Tsui/Dr. Paul Bradford - Emergency Medicine - How to be a Good Team Leader
- Dr. Bram Dolcourt - Emergency Medicine/Medical Toxicology - Tox Tablit
- Dr. Theresa Mead - Emergency Medicine - SonoRounds: Five Ways to Save a Life With Bedside Ultrasound
- Dr. Amit Bagga - Nephrology - A.K.I. A Cute Kid Knee In Injury
- Ms. Lori Poole - Essex-Windsor EMS/Fitness Instructor - Health, Fitness and the Health Care Worker
- Mrs. Monica Staley - Patient Advocacy - Charting on Trial
- Dr. Tony Merlano - Emergency Medicine - ECPR - Is Now The Time?
- Dr. Tony Merlano - Emergency Medicine - Leveraging Data to Support Your Medical Decision Making
- Dr. Jeya Nadarajah - Infectious Diseases - Cellulitis versus "Cellulitis"
- Dr. James Webley - Emergency Medicine - Occult Hip Fractures
- Dr. Anne Sclater - Geriatrics - Medication Use Leading to Emergency Department Visits for Adverse Drug Events in Older Adults
- Dr. Stephen Chao - Repirology - Chest Tube ED Primer: Size Does Matter (Sometimes)
- Dr. Jody Stasko - Emergency Medicine - Practically Frozen: Beyond Being Cool

SAVE THE DATE

# 20<sup>th</sup> W.E. CARE FOR KIDS GALA

FRIDAY, NOVEMBER 3, 2017  
ST. CLAIR COLLEGE CENTRE FOR THE ARTS  
201 RIVERSIDE DRIVE WEST, WINDSOR, ON

## RECIPE OF THE WEEK

### Pumpkin Cheesecake Brownies

Makes 16 servings / Preparation: 25 min / Cook Time: 60 min

#### INGREDIENTS (BROWNIE LAYER)

- ⅔ cup white whole-wheat flour or all-purpose flour
- ½ cup unsweetened cocoa powder
- ½ teaspoon salt
- ¼ teaspoon ground cinnamon
- 2 large eggs
- 1 cup packed light brown sugar
- ¼ cup canola oil
- ¼ cup canned pumpkin puree
- 1 teaspoon vanilla extract
- ½ cup bittersweet chocolate chips



#### (CHEESECAKE LAYER)

- 4 ounces reduced-fat cream cheese, at room temperature
- 1 large egg
- ½ cup canned pumpkin puree
- 3 tablespoons light brown sugar
- 1 tablespoon white whole-wheat flour or all-purpose flour
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon vanilla extract
- ⅛ teaspoon ground ginger

#### DIRECTIONS

Preheat oven to 350°F. Line an 8-inch-square baking pan with foil, leaving a 2-inch overhang on two sides (trim the two opposite sides, if desired). Lightly coat with cooking spray. To prepare brownie layer: Whisk ⅔ cup flour, cocoa, salt and ¼ teaspoon cinnamon in a small bowl. Beat 2 eggs, 1 cup brown sugar, oil, ¼ cup pumpkin and 1 teaspoon vanilla in a large bowl with an electric mixer on medium speed until smooth. Add the dry ingredients and beat on low speed just until well blended, scraping down the sides. To prepare cheesecake layer: Clean the beaters. Beat cream cheese in a medium bowl with an electric mixer until smooth. Add egg, pumpkin, brown sugar, flour, cinnamon, nutmeg, vanilla and ginger; beat until well blended. Reserve ⅓ cup of the brownie batter for the topping. Fold chocolate chips into the remaining batter and scrape into the prepared pan, making sure to spread it all the way to the corners. Spread the cheesecake batter over the brownie layer to cover evenly. Drop the reserved brownie batter by generous teaspoonfuls over the top and draw a dull knife through the top of the two batters to create a swirl design. Bake until a toothpick inserted into the center comes out mostly clean, 35 to 45 minutes. Let cool in the pan on a wire rack. When cool, use the foil as handles to lift the brownies from the pan before cutting into squares.

#### NUTRIENTS Per serving:

Calories: 186 kcal, Protein: 4 g, Fat: 9g, Carbohydrate: 28 g, Sugar 19g, Fibre: 3g, Sodium: 115mg

NOVEMBER 09

FREE

BRAIN INJURY ASSOCIATION  
OF WINDSOR & ESSEX  
COUNTY PRESENTS

# USE *your* HEAD

FREE SPORTS CONCUSSION WORKSHOP

09 | NOVEMBER  
TWENTY-SEVENTEEN [2017]

Caboto Club 2175 Parent Ave.,  
Windsor ON. (Marconi Room)

6:30 – 8:30pm  
(doors open at 6pm)

To register please use the following eventbrite link  
<https://useyourhead2017.eventbrite.ca>

WWW.BIAWE.COM

#### GUEST SPEAKERS

- **Amanda O'Brien:**  
Pre-Season Concussion Education
- **Dave Stoute:**  
Sideline Head Injury Recognition and Identification
- **Dr. Erin Picard:**  
Return to Learn and Return to Play Steps
- **Dr. Dana Seslija:**  
Medical Assessment and Concussion Management



Funded by a WFCU  
Community Grant

# learn your options

Talk to your healthcare provider about breast cancer screening.

[www.cancercare.on.ca/bcam](http://www.cancercare.on.ca/bcam)

