



LEST WE FORGET

All staff are reminded that there will be a moment of silence at 11:00am on November 11, 2017 at both campuses.

Please take a moment if possible to remember those who have fought, and those who have died fighting for our freedom.

RECIPE OF THE WEEK

Lentil & Apple Salad

Makes 8 servings / Preparation: 10 min
Cook Time: 25 min



INGREDIENTS

- 1 Ontario Beet
- 3 tbsp (45 mL) olive oil
- Salt and black pepper
- 2 slices Ontario Bacon, cut into thin strips
- 2 Ontario Apples
- 1 can (19 oz/540 mL) lentils, drained and rinsed
- 1/2 cup (125 mL) diced Ontario Carrot
- 1/3 cup (75 mL) finely chopped fresh Ontario Parsley
- 2 tbsp (25 mL) fresh lemon juice (approx)
- 1 clove Ontario Garlic, minced
- 1/4 cup (50 mL) crumbled Ontario Feta Cheese

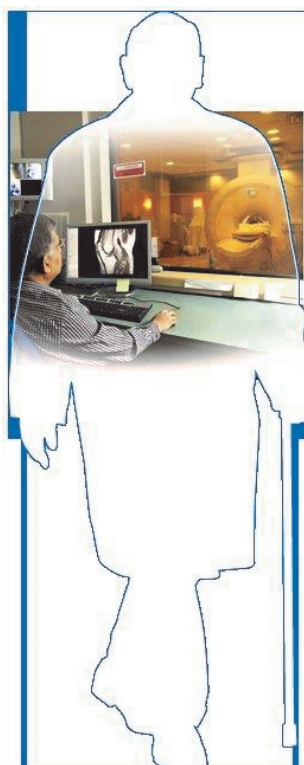
DIRECTIONS

Peel beet and cut into pieces no larger than 1/2-inch (1 cm). Place on large baking sheet and toss with about 1/2 tsp (2 mL) of the oil and salt and pepper to taste. Roast in 400°F (200°C) oven, stirring twice until tender, about 15 minutes. Meanwhile, in small skillet, cook bacon over medium heat until crisp, about 7 minutes, stirring occasionally. Drain on paper towel lined plate. In medium serving bowl, stir together apples, lentils, carrot and parsley; gently stir in beets. Whisk together remaining oil, lemon juice, garlic and 1/4 tsp (1 mL) each salt and pepper; stir into salad. Sprinkle with bacon and feta. Serve at room temperature. (Cover and refrigerate for up to 1 day).

NUTRIENTS Per serving:

Calories: 152 kcal, Protein: 6 g, Fat: 6g, Carbohydrate: 20 g, Sugar 6g, Fibre: 4g, Sodium: 199mg

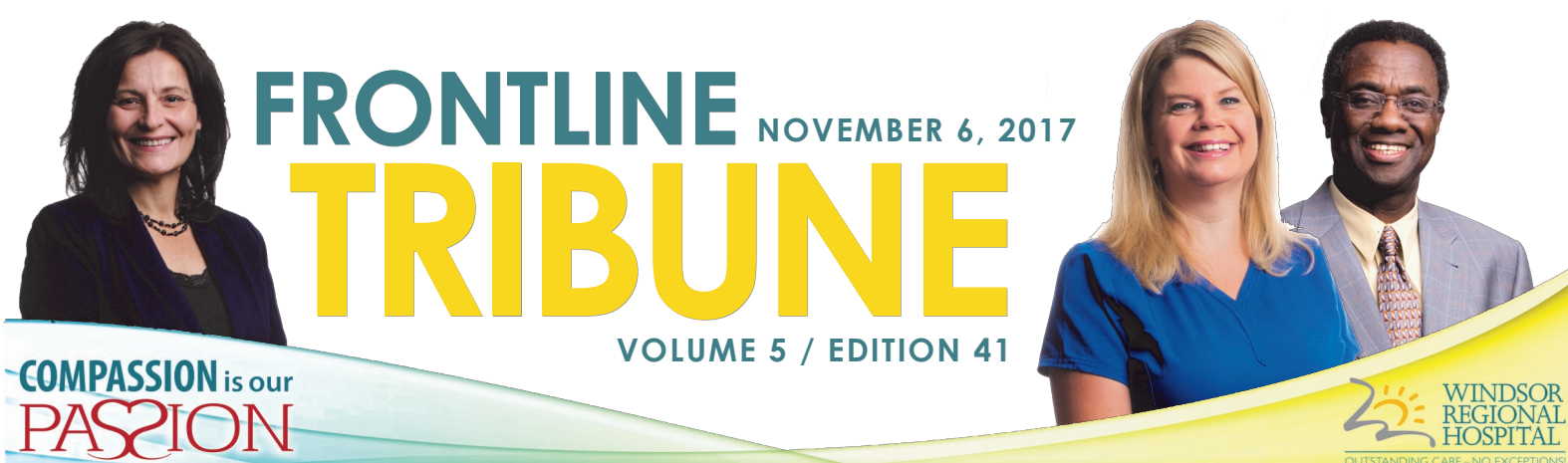
MRT Week is November 5-10, 2017



MRT Week is an annual celebration of the crucial role that Medical Radiation Technologists (MRTs) play in the healthcare system.

MRTs provide the professional imaging and radiation-related treatment services and caring touch that allow patients to fully benefit from the latest medical diagnostic and treatment technologies.

From November 5th to 10th, 2017, MRTs will celebrate their profession with their community, colleagues, and each other in order to promote the **essential contribution** that MRTs make to patient care.



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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@WRHospital

Vimy Ridge Remembered

Vimy Ridge was a conflict within a war during World War 1. Within the war, there were many battles: one of them was Vimy Ridge. It was a 3 day battle between April 9th to April 12th 1917, which involved Canada, the United Kingdom and the German Empire. After the four long days of fighting, Canada and the allies were successful and the Germans surrendered. From that day on, it is one of the most recognizable, victorious, historical wars that Canada participated in conquering the opponents.

This year, marked the 100th anniversary of the Vimy battle. There is more meaning behind that brave war, and it has significant meaning to WRH Volunteer, Iris Brown. More than just a four day battle it is a day remembered by many Canadians.

Volunteering at the Gift Shop at Windsor Regional Hospital - Met Campus, Iris Brown speaks about her travels to the 100th event of Vimy. She's an Auxiliary member and has volunteered since 1992.

Iris's father was a World War 1 Veteran. In 1935, he sent a registration for the 1936 Vimy Pilgrimage for his wife, children and himself. (To this day, Iris recalls of this day as a well organized trip.) On Sunday July 26, 1936, more than 6,200 Canadians traveled across sea to the unveiling of Walter Allward's Vimy Memorial presented by King Edward VIII. (On the monument, there are over 11,000 names of Canadians who have no known graves. In addition, it includes names of other soldiers who were in battle).

During the 1936 unveiling, King Edward gave a speech about the Canadians. In addition, he revealed a statue of a woman looking down. This represents Canada mourning her lost soldiers.

That following Monday, all the pilgrimages from Vimy sailed to London. They all attended a Garden Party at Buckingham Palace. It was a day filled with Veterans and their families.

Vimy Ridge Remembered On Remembrance Day continues on Page 3.



Photo: The Vimy Monument (in the background) Iris is wearing her father's medals from the first world war and Vimy pilgrimage medal (top one) from 1936 unveiling.



Photo (l to r): Connie (Iris' daughter), Iris and Beth (Iris' daughter).



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

Christmas Craftmania!

Children's Holiday Party

Sunday, December 17, 2017

Gloclaro Club Salon A/B

Get a picture with SANTA!!!

While his helpers hand out gifts from one of Santa's special workshops at MasterMind Toys

Doors open at 11:00
Lunch served promptly at 12:00
Santa arrives at 1:00

Party is open to staff members' children and grandchildren ages 0-10yrs

Tickets: \$15 per Adult
\$20 per child

Tickets can be purchased in Human Resources at Met (ext 52330) and Ouellette (ext 33023)
Advance Sales Only

Deadline to purchase tickets:
Nov 29, 2017

Gifts will be given out by age-youngest to oldest - sorry, *no exceptions*

Write to Santa

Decorate a Cookie

Create a keepsake

UPCOMING EVENTS

- NOV 09 Use Your Head Concussion Workshop**
Caboto Club
2175 Parent Avenue, Windsor
- DEC 12 Dedicated Years Of Service**
Ouellette Campus
1030 Ouellette Avenue
- DEC 12 WRH Holiday Social**
Windsor Regional Hospital
Ouellette and Met Campuses
- DEC 17 Dedicated Years Of Service**
Met Campus
1995 Lens Avenue
- DEC 17 Children's Christmas Party**
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



The individual asking the initial questions about acute respiratory infection should maintain at least a two metre distance from the patient or be protected by a glass or other solid, transparent barrier.

November Is Fall Prevention Month!

Windsor Regional Hospital is proud to be a partner with a host of local community organizations who will be raising awareness throughout November about the dangers of falls which is the number one cause of death from injury in Windsor-Essex.

Fall Prevention Month is a campaign that raises awareness of the risks and dangers of falls in older adults. Did you know that in Canada:

- Falls are the leading cause of injury among older adults?
- Falls in older adults account for \$2 billion in direct health care costs yearly?
- More than 1 out of every 3 older adults will be admitted to long-term care after hospitalization for a fall?

As well, falls are the leading cause of injury in Windsor Essex County and over 90% of fatal falls are among seniors. Additionally, falls have also been shown to contribute to depression, immobility, a reduction in independence, and death for older adults.

The good news is most falls are preventable and we can all play a role to help decrease the risk and burden associated with falls. Help spread awareness during Fall Prevention Month this November!

WRH is hosting a website for our Safe City Windsor community partners at www.safecitywindsor.ca

Check it out and spread the word about falls prevention! Each week this month we and our partners will be highlighting different aspects of falls prevention, including work at our own hospital to reduce the risk of in-patient falls.

Organizations participating in Fall Prevention Month include:

- Windsor Essex County Health Unit
- Windsor Regional Hospital
- University of Windsor – Faculty of Human Kinetics
- Victoria Order of Nurses (VON)
- Life After Fifty
- Essex-Windsor EMS
- Windsor Essex Community Health Centre



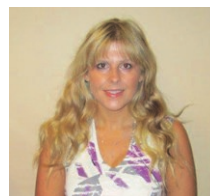
VENDORS ON DISPLAY NOVEMBER 6-10, 2017

Met Campus: Kidbits, Shoreview, Accessorize It, Lories Glass, Home Instead, Chartwell, Hooks & Needle Crafts, Thermal Clothing, Just Jewellery, Perlas Fashions, Sweetlegs

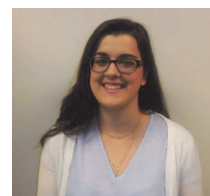
Ouellette Campus: Stuffin Bears, Thermal Clothing Corp., Robert Bishop Artwork, Unique Books, Kidbits, Custom Essentials, The Shoreview

Please note: Vendors subject to change.

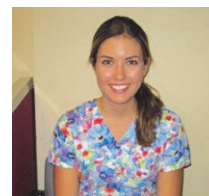
INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Jessica Wilson
REGISTERED NURSE
EMERGENCY DEPARTMENT



Nicole Poirier
REGISTERED NURSE
INPATIENT PAEDIATRICS



Brittany Postma
REGISTERED NURSE
8E NEUROSURGERY



Kate Benjamin
MIDWIFE
OBSTETRICS & GYNECOLOGY - MIDWIFERY

Vimy Ridge Remembered cont'd...

"I remember feeding pigeons in Trafalgar Square." Iris commemorates her trip to London, England when she was just eight years old.

In 2016, Iris decided to go back with her two daughters Connie and Beth. Although, before heading to the monument, they went to other memorials such as: Tyne Cot Memorial. (A vast Cemetery and Memorial dedicated to Canadians and British remembering the battle of Passchendaele.)

As Iris visualizes she states, "You can see the Vimy Memorial far away and as you approach you have a feeling of peace."

During her visit, Iris noticed something particular about her trip. On every building or house in a city or town there was a Canadian flag. Flags were everywhere especially as you got closer to Vimy. Iris describes the flags as very overwhelming and inspiring.

"All the flags were inspiring!" Iris added by explaining what it's like there to go today. From looking at the red and white to the maple leaf symbol of each flag makes Canada look like a hero in the city. In addition, it makes more Canadians feel welcome.

Vimy National Memorial is a beautiful, peaceful site. It brings nothing but peace when you are there. This Memorial is so pure that everyone should see it at least once! Young or old, it's a way to look back and give thanks to soldiers who fought for us. Lest we forget!

Written by Julia Masciotra, WRH Co-Op Student



BUTT OUT BY JAN. 1

Lung Cancer Month Reminds Us Of The Dangers Of Smoking

As noted in previous editions of our newsletter, due to Ontario law taking effect on January 1, 2018, there will be no smoking allowed of cigarettes, e-cigarettes, medical marijuana or any other tobacco product on hospital property. This means, by law, we also must close ALL remaining Designated Smoking Areas on hospital grounds by New Year's Day. With or without the legislation, there is always good reason to try to quit the habit.

As noted on the Lung Cancer Canada website www.lungcancer.ca, quitting smoking is the number one action you can take to reduce your risk of lung cancer (along with many other ailments). It is not easy; smoking is an addiction. If you need or would like help to quit, Lung Cancer Canada lists the following available resources:

- Government of Canada – Helpline: 1 877 513-5333
- Health Canada – "On The Road To Quitting" Available at www.hc-sc.gc.ca
- Smoker's Helpline - www.smokershelpline.ca
- SmokeFree.Gov - www.smokefree.gov
- The Lung Association – "Breathe" www.lung.ca/lunghealth/smoking-and-tobacco

Remember – for more tips and resources on quitting smoking, visit www.wrhubtutout.ca and educate yourself on how to prepare to quit!

Chinese Association Believes In Future New Hospital

The Windsor-Essex County Chinese Canadian Association has shown its support for the future state-of-the-art acute care hospital by hosting a Walk-a-thon on October 15, 2017 at Windsor's Riverfront and raised \$5,340 as a result.



Members of the Windsor-Essex County Chinese Canadian Association proudly gather at the Met Campus recently to present their donation giving Windsor Regional Hospital Foundation an opportunity to thank each and everyone one of them.

Get the FLU SHOT not the flu!



OUELLETTE CAMPUS

- November 6 10:30am-12:30pm - Vendor Hallway
2:30-4:30pm - Vendor Hallway
- November 7 10:30am-12:30pm - Vendor Hallway
2:30-4:30pm - Vendor Hallway
- November 8 6:30-8:30am - Vendor Hallway
- November 9 6:30-8:30am - Vendor Hallway

Starting on November, flu shots will also be available at:



Ouellette Campus, ext. 32181
Monday to Friday, 9am—5pm



1909 Tecumseh Rd E
M-F 9am—5pm, 519-977-0090