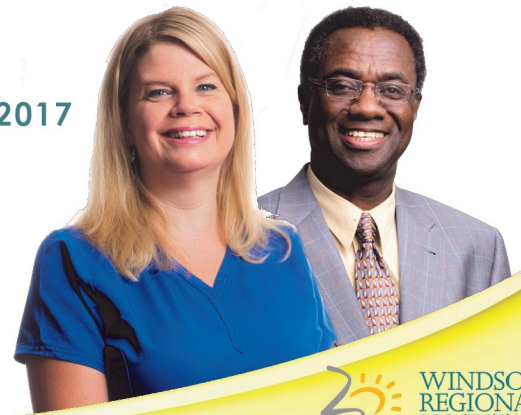




FRONTLINE NOVEMBER 20, 2017 TRIBUNE



VOLUME 5 / EDITION 43

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

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Young Cancer Researchers For A Day

The Windsor Regional Cancer Program launched "Cancer Researcher for a Day", open to a child or youth to participate in a hands-on research experience that will include experiential learning in laboratories across the University of Windsor and at the Windsor Regional Cancer Program.

The first researcher was Dereck Lau, a brain cancer survivor, along with his sister, Morgyn who took part in the program. These emerging scientists took on the challenge of 'The Difference Between Two Squash'! Simply, they obtained two squash, one fresh and one about 4 weeks old. They experimented to determine freshness, edibility, colour, firmness and smell. Using what they learned at the University of Windsor by visiting the labs (Biological Sciences, Chemistry and Biochemistry, Computer Science and Human Kinetics) and, having access to a CT Scanner and Centrifuge in the Cancer Centre, they came to a conclusion.

Dereck and Morgyn concluded; unless you have a portable CT Scanner and Centrifuge of your own, the best synopsis of the agreeable Squash is the external colour is more yellow and internal smell fresher; the two indicators toward freshness. Dereck and Morgyn Lau were awarded Certificates at a luncheon presentation at the Cancer Centre.



Photo above: Dereck and Morgyn Lau at CT Scanner.



Photo above: Dereck and Morgyn in lab coats.

WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

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



@WRHospital

Welcome Back Robin Williams, Patient Representative

We are proud to announce the return of Robin Williams, Patient Representative for the Met Campus. Robin has years of experience with WRH, as a nurse on the front line and also as a Patient Representative. Robin Williams can be reached at Ext. 52317 or cell 519-995-2063.

Angela D'Alessandro is Patient Representative at the Ouellette Campus and can be reached at Ext. 34404 or cell 519-995-2899.



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



UPCOMING EVENTS

- DEC 12** **Dedicated Years Of Service**
Ouellette Campus
1030 Ouellette Avenue
- DEC 12** **WRH Holiday Social**
Windsor Regional Hospital
Ouellette and Met Campuses
- DEC 13** **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
- MAR 08** **International Women's Day**
Ciociaro Club
3745 North Talbot Road, Windsor



According to the Public Health Agency of Canada's weekly influenza report, the percent of positive influenza reports are higher for this time of year compared to previous seasons. Also the number of hospitalizations and regions with sporadic activity are above expected levels.



BUTT OUT BY JAN. 1

BUTT OUT By Jan. 1 And Be Neighbourly Always!

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.

What this means is that ANYONE smoking anywhere on hospital property is subject to potential fines, including up to \$5,000 for repeat offenders. This includes Lens Avenue in front of Met campus, which is NOT a public road.

We know this means that staff and patients who want to smoke will end up moving to public sidewalks surrounding the hospital. However, we are reminding smokers that whether after January 1st, or before, to PLEASE be cognizant that there are homeowners in the area who do not appreciate smokers standing outside of their homes, littering their properties with cigarette butts, or loitering in between homes.

Just last week we were notified of a complaint from a homeowner who lives one block south of Met campus that while she was outside doing yard work, she came across three staff members smoking cigarettes in an alley adjacent to her house. This isn't acceptable.

We know change is difficult for everyone who smokes – including our own staff, as well as our own patients. If you want help quitting the habit, please visit www.wrhubbutout.ca for tips, including suggestions by colleagues, on how to quit successfully.

If you must smoke, once again please be mindful of neighbours who live around our hospital properties, in particular the residential neighbourhood around Met campus on streets such as Kildare, Alsace and Byng.

For more information about the provincial legislation coming into effect on Jan. 1st as well as tips on quitting the habit, go to www.wrhubbutout.ca!



INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Jessica Mallender
DECISION SUPPORT ANALYST
DECISION SUPPORT



Kimberlee Politi
REGISTERED NURSE
7 MEDICINE



Kevin Boyce
ENVIRONMENTAL SERVICE WORKER
HOUSEKEEPING



Dr. Cameron Walker
PHYSICIAN
SURGERY & DENTISTRY

WRH Is Proud To Support Grow On 2017

Grow On is a fundraising campaign held each November by the Windsor Cancer Centre Foundation in support of cancer awareness, research and treatment for men living in Windsor-Essex. Men grow their 'staches and beards' and collect pledges in support of men's health. Individuals and companies can register to raise pledges for the cause and compete against each other.

As a hospital, WRH understands the importance of screening, awareness raising and support for patients with prostate cancer. Together, we can help spread the word about prevention, checkups and quality care!

Please consider joining the WRH team or donating to support this important community initiative! Go to www.growonwindsor.com for WRH TEAM BRO-STACHE.

Prostate cancer is the most common cancer affecting Canadian Men (an estimated 24% of all new cancer cases) and 1 in 8 will be diagnosed in their lifetime. In 2015 an estimated 24,000 men were diagnosed. Over 90% of prostate cancer cases are curable if detected and treated.

Testicular Cancer Stats:

In 2015 an estimated 1,050 Canadian men were diagnosed with testicular cancer. It is the most prevalent cancer in men aged 15 to 29, but it's also among the most treatable when caught early.

Military History On Display

Several members of our WRH Emergency Department team at Ouellette campus were proud to celebrate a display outside the library last week to help honour local Remembrance Day activities this month. Pictured here are Dr. LCol (retired) Paul Bradford, Maj. Bryan Giles, RN, Dr. Maj. Anthony Meriano, and Capt. Melinda Suich, RN. The display highlights local military history memorabilia.

"I am truly humbled to have this opportunity once again to bring memories of our Veterans' duty and service to Canada in partnership with the Ouellette Campus of Windsor Regional Hospital," said local veterans advocate Andrea Grimes who lends items to the hospital every year to display before and after Remembrance Day.

The items will remain on display for the remainder of this month.



Photo left: Local military history memorabilia.



Photo right: From left to right (including abbreviated military titles provided by Bryan) are: Dr. LCol (retired) Paul Bradford, Maj. Bryan Giles, RN, Dr. Maj. Anthony Meriano, Capt. Melinda Suich, RN



Join today at

www.GrowOnWindsor.com

A LOCAL FUNDRAISING CAMPAIGN
IN SUPPORT OF CANCER AWARENESS,
RESEARCH & TREATMENT
FOR MEN LIVING IN WINDSOR/ESSEX

OFFICIAL SPONSOR OF GROW ON 2017

LISA & BRIAN SCHWAB



Get Your Christmas Cakes!!!

The Shriners Club of Windsor is selling Christmas Cakes for \$20 now for the holiday season, raising funds for the Windsor Regional Hospital Foundation. Watch for their table daily on the First Floor Library Lobby at Met Campus and at the Kiosk area on the First Floor at the Ouellette Campus above Tim Horton's.



Photo above (l to r): Representatives from the Shriners of Windsor; Don Warner and Kevin Wilson help a customer with a purchase of a Christmas Cake.



HOLIDAY SOCIAL TUESDAY, DECEMBER 12

ALL EMPLOYEES, PROFESSIONAL STAFF & VOLUNTEERS

Windsor Regional Hospital will be holding a **Holiday Social** with sandwiches, vegetables, desserts, coffee and tea in exchange for a small **\$2.00 donation**. Proceeds will benefit the Downtown Mission, which provides emergency shelter, a hot meal or other basic necessities.

SANDWICHES • VEGGIES & DIP • PASTRIES • COFFEE/TEA

2PM - 4PM

MET CAMPUS
(Clinical Education Conference Room)

OUELLETTE CAMPUS
(Essex Room)

WFCU & LEAMINGTON (special delivery times)

11PM - 1AM

MET CAMPUS
(Lobby Level)

OUELLETTE CAMPUS
(Mezzanine)



Gift Cards ... An Ideal Gift!

The WRH Foundation/Public Affairs Ouellette and Met Offices have gift cards for sale for many stores such as groceries, restaurants, movies and retail outlets. Make your holiday shopping easier by stopping by and purchasing any number of gift cards for those on your list. Gift cards available include the following:

- | | |
|------------------------|----------------------------|
| Amazon | No Frills |
| Bay Home | Odeon Movie Theatre |
| Best Buy | Old Navy |
| Canadian Tire | Payless |
| Chapters | Petro Canada |
| Children's Place | President's Choice |
| Cineplex Movie Theatre | Red Lobster |
| City Grill | Shoppers Drug Mart |
| Esso | Silver City Movie Theatre |
| Estetica | Sobeys |
| Food Basics | Spago Trattoria |
| Freshco | Sportchek |
| Giant Tiger | Starbucks |
| Golf Town | Subway |
| Harveys | Swiss Chalet |
| Home Depot | Take Five |
| Home Hardware | Ted Farron's Gourmet Meats |
| Home Outfitters | The Keg |
| Homesense | Tim Hortons |
| iTunes | Tommy's Barbeque |
| Kelseys | Toys R Us |
| Marks Wearhouse | Walmart |
| Mazaar | Wholesale Club |
| Metro | Winners |
| Moxie's | Zehrs |

RECIPE OF THE WEEK

Pumpkin Spice Pudding

Makes 10 servings

Preparation: 30 min

Cook Time: 120 min

INGREDIENTS

PUDDING:

- ¾ cup packed light brown sugar
- ¼ cup cornstarch
- 2 teaspoons pumpkin pie spice
- 1 teaspoon ground cardamom
- ½ teaspoon salt
- Pinch of ground pepper
- 2½ cups milk, preferably whole
- ½ cup heavy cream
- 3 large eggs
- 1 (15 ounce) can pumpkin puree

TOPPING:

- ½ cup heavy cream
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- Gingersnaps for garnish (optional)

DIRECTIONS

To prepare pudding: Whisk brown sugar, cornstarch, pumpkin pie spice, cardamom, salt and pepper in a large saucepan. Whisk in milk and cream. Cook over medium-high heat, whisking slowly, until steaming but not boiling. Remove from heat. Whisk eggs in a large bowl. Slowly whisk in 1 cup of the hot milk mixture. Then whisk the egg mixture back into the pan. Cook over medium heat, whisking slowly, until steaming and just starting to bubble. Then cook, whisking, until thickened and bubbling, 2 to 3 minutes more. Remove from heat. Whisk in pumpkin puree until thoroughly combined. Divide the pudding among ten 6-ounce dessert dishes. Let cool 30 minutes. Place on a baking sheet and cover with plastic wrap. Refrigerate until cold, at least 1 hour and up to 3 days. To prepare topping: Just before serving, beat cream with cinnamon and ginger in a medium bowl until soft peaks form. Serve the puddings topped with whipped cream and crumbled gingersnaps, if desired.

NUTRIENTS Per serving (1/2 cup)

Calories: 232 kcal, Protein: 5g, Fat: 12g, Carbohydrate: 27g, Sugar 21g, Fibre: 1g, Sodium: 178mg



VENDORS ON DISPLAY NOVEMBER 20 - 24, 2017

Met Campus:

Scrub Shop, EVB Jewellery, Unique Books, Just Jewellery, Funky Living, G&D Jewellery, Adrian's Kids, Accessorize It

Ouellette Campus:

Dr. Vizirakis, The Artful Ear, Robert Bishop Artist, Kavi Designs, Tupperware, Personalized Solutions, Funky Living, Coconut Oil of Canada, Sweetlegs, Accessorize it

Please note: Vendors subject to change.