



# FRONTLINE 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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## Farewell To Ron Foster And Ralph Nicoletti

We recently said goodbye to two Vice Presidents at Windsor Regional Hospital, Ron Foster and Ralph Nicoletti.

Ralph served in various leadership roles since 2006. In 2013, he became the Vice President of Medicine, Diagnostic Imaging, Emergency and Mental Health Services. In this role, Ralph provided support, guidance and direction to the Directors and Managers of these Acute Care departments as they developed, implemented and sustained improvements in processes and care delivery to ensure positive patient outcomes. Ralph was an invaluable leader before, during and after the historic realignment of acute care services in Windsor/Essex.

Ron Foster has held various positions since 1987. He became the Vice President of Public Affairs, Communications and Philanthropy in 2007. In addition, he was the Executive Director of the Windsor Regional Hospital Foundation. As Executive Director, Ron led the team that raised approximately \$2M to \$3.5M annually for the Windsor Regional Hospital Foundation. Ron was named Communicator of the Year in 2007 by the Ontario Hospital Association and in 2010 he received a Lifetime Achievement Award from the Association of Fundraising Professionals.



## Recognize Excellence by Nominating a WRH Nurse!

The weather is still cool and spring hasn't really yet sprung but Nurses Week is just around the corner and it's time to nominate WRH nurses for this year's awards!

Nomination forms have been updated and are now online for the Jeanne Mance Extraordinary Nursing Care Award, which recognizes RNs and RPNs who continually go above and beyond to provide compassionate and professional care to their patients, and exemplifies teamwork, compassion, stewardship and respect. The deadline for nominations is midnight Friday, April 26th.

If you have someone in mind you would like to nominate, please visit our website at [www.wrh.on.ca/JeanneManceAwards](http://www.wrh.on.ca/JeanneManceAwards).

Also, RNs who are taking or considering education courses are also encouraged to submit an application for The Lori Dupont Bursary. This is a \$5,000.00 bursary funded by Windsor Regional Hospital and Hôtel-Dieu Grace Healthcare to assist RN staff with continuing education costs. All ONA staff members who are planning to attend education courses, conferences and workshops or who are working toward certification in 2018, are invited to submit a bursary application by midnight Friday, April 26th. Each successful candidate will be awarded up to \$1,000.

The link to the bursary application form can be found at [www.wrh.on.ca/LoriDupontBursary](http://www.wrh.on.ca/LoriDupontBursary). The awards and bursaries will be handed out at an event at Hôtel-Dieu Grace Healthcare on Prince Road during Nurses Week (date TBC). It will be a joint celebration with HDGH.

## 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](mailto:frontlinetribune@wrh.on.ca)



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@WRHospital

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



# UPCOMING EVENTS

**APRIL 11, 2019**

**Volunteer Appreciation Party**

Riverside Sportmen's Club  
10835 Riverside Drive East, Windsor

**APRIL 21, 2019**

**National Medical Laboratory Week**

WRH Met and Ouellette Campuses

**MAY 4, 2019**

**Windsor Regional Cancer Centre Open House**

1995 Lens Avenue, Windsor

**MAY 23, 2019**

**WRHF Annual Golf Tournament**

Essex Golf & Country Club  
7555 Matchette Road, LaSalle

**JUNE 9, 2019**

**Corvette Club Car Show**

Dieppe Park, Riverside Drive, Downtown

**JUNE 19, 2019**

**Funkenhauser Family - A Day For A Life Golf Tournament**

Kingsville Golf & Country Club  
640 County Road 20, Kingsville

**JUNE 20, 2019**

**Brain Injury Association Workshop**

Hôtel-Dieu Grace Healthcare  
1453 Prince Road, Windsor

**JUNE 22, 2019**

**Sail Into Summer Dinner**

Windsor Yacht Club  
9000 Riverside Drive East, Windsor

**JULY 15, 2019**

**Rafih Auto Group Golf Tournament**

Beachgrove Golf & Country Club  
14134 Riverside Drive E, Windsor



Though Influenza A(H1N1) peaked at the end of December, over the past four weeks a second smaller wave, dominated by A(H3N2). There is currently very little influenza B circulation compared to previous seasons.

## Six Ways Volunteers Are Making A Difference At WRH

April 6th through 13th is National Volunteer Week. It is our opportunity to thank and show our appreciation to WRH volunteers. Thank you to the 700+ volunteers who provide outstanding care. Here are a few ways volunteers make a difference for our WRH patients and the community:



**NEVADA TICKET SALES:**

Volunteers raise about \$50,000 a year through the sale of Nevada tickets. The money is used to purchase hospital equipment. Recently, additional wheelchairs and outdoor furniture for patients and visitor's was purchased.



**CANCER CENTRE ORIENTATION:**

Volunteers help the 2500+ new patients who visit the Windsor Regional Cancer Centre every year become acquainted with the centre and answer important questions and make them feel at home.



**COMMUNITY GARDEN:**

Volunteers plant, maintain and harvest our community garden that provides fresh produce for our patient trays. Extra produce is donated to the Downtown Mission and other food banks.



**TEAM CLEAN:**

Volunteers in our Team Clean program help to keep our hospital environment clean by picking up litter and cigarette butts that find their way onto hospital property. Last year, local businesses and groups including Rotary Club Windsor Roseland, Allied Systems Canada and Fiat Chrysler Automobiles volunteered their time to help keep our campuses clean.



**WellCome MAT PROGRAM:**

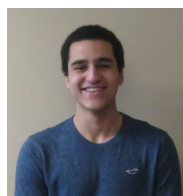
Volunteers with the WellCome Mat program help make new patients staying on our surgical units feel comfortable and at home. Volunteers welcome patients and discuss need-to-know information including how to use the TV, where to find Tim Hortons, and how to order meals from the hospital menu.



**INFORMATION SHARING:**

Volunteers in the OR Family Waiting Rooms help keep track of surgical patients and provide families with updated information while their loved ones are in surgery and recovery.

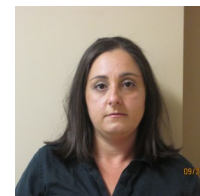
## INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



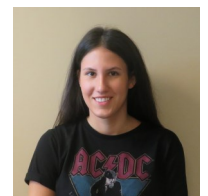
**Ibrahim Ebeido**  
RENAL CLINIC  
VOLUNTEER  
SERVICES



**Vanessa Hands**  
REGISTERED NURSE  
SURGICAL  
DEPARTMENT



**Stephanie Freitas-Lock**  
REGISTERED NURSE  
OPERATING ROOM



**Tamara Miladinovic**  
OPERATING ROOM  
VOLUNTEER  
SERVICES

## Electronic Parking Permit: Register Now!

For those staff who park at the Viscount Lot at Ouellette Campus, and the Shuttle Lot at Met Campus, please remember you need to register for an electronic parking permit before May 1st when changes to rates take effect.

You can find this form at [www.wrh.on.ca/ElectronicParkingPermitRegistration](http://www.wrh.on.ca/ElectronicParkingPermitRegistration).

Also, those who park in the Shuttle Lot will also need to register for payroll deduction in order to park at this lot. This form can be found at [www.wrh.on.ca/ParkingAccessCancellationForm](http://www.wrh.on.ca/ParkingAccessCancellationForm).

We are also continuing to update our FAQ on recent parking changes based on feedback from staff. Please visit [www.wrh.on.ca/EmployeeParking](http://www.wrh.on.ca/EmployeeParking) to find the latest updates including questions on part-time employees, students and what to do if you have more than one vehicle.

The memo on changes was sent out to staff on March 30th.



## Friday Is Sports Jersey Day!

Friday, April 12th is your chance to show pride by wearing your favourite sports jersey – and raise awareness about organ donation at the same time!

Last year, dozens of WRH staff wore hockey jerseys and those of other sports in recognition of the Humboldt Broncos bus tragedy. One hockey player on that bus, Logan Boulet, died but his organs went on to save many lives.

So on Friday, wear your favourite jersey to work as we remember Logan, celebrate lives saved through organ and tissue donation – and have a little fun as the NHL playoffs get into gear!

Also, remember that asking our employees, professional staff and volunteers to register consent for organ donation, we are also encouraging you to consider doing so online at this special link [www.beadonor.ca/campaign/windsorsexcountyhospitals](http://www.beadonor.ca/campaign/windsorsexcountyhospitals).

The goal is to show Windsor-Essex that we recognize the importance of organ donation and can demonstrate leadership on this important issue in our community.



# CONTEST

Name Your WRH Intranet

1

**CREATE**  
a catchy name  
for the new  
WRH Intranet.

2

**SUBMIT**  
your entry

You can submit up to  
3 different names.

3

**WIN**

The BEST name  
wins a \$100 gift  
card!

**WIN A \$100  
AMAZON GIFT CARD!**

**VISIT** ↘

[www.wrh.on.ca/NameYourIntranet](http://www.wrh.on.ca/NameYourIntranet)

To submit your best WRH Intranet name.

**WINNER REVEALED IN MAY!**

All participants with shortlisted submissions will receive a  
\$100 Tim's gift card.

Deadline to submit- Midnight of April 19, 2019.

## Hats Off to all Windsor Regional Hospital Volunteers!

For more information on  
Volunteer opportunities,  
please contact us:

[www.wrh.on.ca/VolunteerServices](http://www.wrh.on.ca/VolunteerServices)



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WINDSOR  
REGIONAL  
HOSPITAL  
OUTSTANDING CARE - NO EXCEPTIONS!



# SAIL INTO SUMMER SATURDAY, JUNE 22, 2019

Windsor Regional Hospital will host a fundraising dinner at the Windsor Yacht Club (WYC) to raise much needed funds for a new 3D Diagnostic Mammography Machine to detect Breast Cancer earlier and more accurately.

Tickets are \$100.00 per person or reserved tables of 10 for \$1,000 which includes dinner with wine, entertainment and a silent auction. This is a very worthy cause and we can all make a difference to accomplish this goal!

For tickets please contact the Windsor Regional Hospital Foundation by email at [wrhfoundation@wrh.on.ca](mailto:wrhfoundation@wrh.on.ca), by phone 519-985-2656.

**Cocktails: 6:00 pm / Dinner: 7:00 pm**



*Carol Parent*  
Chairperson, Sail Into Summer Event  
Hospital Retiree, Volunteer and  
Chair of the WRH Family Giving Campaign



## VENDORS ON DISPLAY: APRIL 8-12, 2019

**Met Campus:** Accessorize it, Aerus, Funky Living, Monique's Boutique, Sweet Occasion Chocolates, Little Red Door, Just Jewellery.

**Ouellette Campus:** Epicure, Unique Books, Little Red Door, Freak Parade, Crystal Clear Jewellery.

*Please Note: Vendors subject to change.*

# #RECIPEOFTHEWEEK

## Barbeque-Style Slow Cooker Pulled Beef

**Makes 10.5 servings.**  
**Preparation: 30 min**  
**Cooking: 6 hrs & 45 min**



### Ingredients

- 3 strips bacon, chopped
- 2 large onions, thinly sliced
- 1 jalapeño pepper, sliced thin
- 1/2 tsp pepper
- 1/4 cup cider vinegar
- 2 tsp each smoked paprika and dry mustard
- 1/2 tsp cayenne pepper
- 1.5 kg boneless beef top blade pot roast/eye of round roast
- 2 tbsp chili powder
- 6 cloves garlic, chopped
- 2 tsp kosher salt
- 1/4 cup packed brown sugar
- 2/3 cups ketchup

### Directions

In large skillet, cook bacon over medium heat, stirring often, until crisp, about 4 minutes. Add onions; cook, stirring occasionally, until onions are softened, 8 to 10 minutes. Add garlic, jalapeño pepper, chili powder, paprika, mustard and cayenne pepper; cook, stirring, for 1 minute. Stir in 1/2 cup water, scraping up browned bits. Sprinkle beef all over with salt and pepper; place in slow cooker. Scrape onion mixture over top; add brown sugar and vinegar. Cover and cook until beef is tender, about 6 hours on high or 10 hours on low. Transfer beef to cutting board; let rest for 10 minutes. Using 2 forks, shred or pull beef into bite-size pieces. Skim fat from surface of cooking liquid; reserve 1 cup of the cooking liquid in small bowl. Return beef to slow cooker; stir in ketchup. Cover and heat on warm for 10 minutes. Stir in enough of the reserved cooking liquid needed to reach desired consistency. Serve immediately with any remaining cooking liquid on the side, or cover and refrigerate for up to 24 hours.

### NUTRIENTS Per Serving (3/4 of cup)

Calories: 333, Protein: 29g, Total Fat: 18g, Carbohydrates 14g, Sugar 10g, Fibre 2g, Sodium 642mg



## CANNABIS, ADDICTION, AND MENTAL HEALTH AFTER BRAIN INJURY

Treatment Trends, Need to Knows, Research and Clinical Best Practice. for the Health Care Provider.



After brain injury, survivors will seek solutions to help resolve the lingering cognitive and emotional changes they experience. One of the solutions sought may be cannabis. With recent legalization of cannabis there is now easier access and less stigmatization of the product, and a renewed hope for recovery - but is this hope misplaced?



As most clinicians know: not all cannabis is created equal – some has positive impact, others negative. With increased access and common use of non-medical strains to self-medicate, it is timely for clinicians to become educated and understand their role in the process and the impact the product can have in the recovery of the brain injury survivor.

**Keynote Address: ABC's of Medical Cannabis. Dr. Mark Kimmons, Medical Director - Sunniva (Calgary, Alberta).**

Learn the current research that supports medical cannabis, how this differs from recreational cannabis, the role of cannabis after a brain injury (i.e. stroke, surgery, TBI, etc.) and role/expectation of the health care provider in the process.

**Mental health and cognition after brain injury - Dr. Christopher Abeare, Neuropsychologist, University of Windsor.**

How and why some emotional and behavioral changes tend to linger for years after the originating brain injury, regardless of cause; and how medicating may impact recovery.

**Addiction and brain injury - Patrick Kolowicz, Director of Mental Health and Addiction, HDGH Health Care.**

What are current trends with respect to addiction and brain injury in our region. And what supports and programming are available.

\*speakers subject to change

Watch for updates on registration, sponsorship opportunities, and Workshop Outline at: <http://www.biawe.com/>