



# FRONTLINE FEBRUARY 11, 2019

# TRIBUNE

VOLUME 7 / EDITION 5



COMPASSION is our  
PASSION



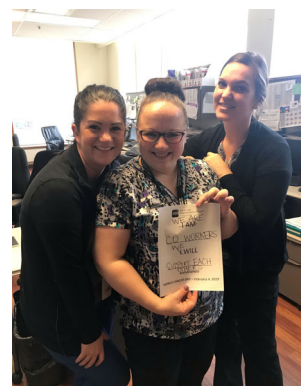
The FRONTLINE TRIBUNE is a publication of the Public Affairs and Communications Office of Windsor Regional Hospital

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## World Cancer Day

Staff at the WRH Cancer Centre and our friends at the Windsor Cancer Centre Foundation are shown re-affirming a commitment to providing the best care possible on #WorldCancerDay, February 4, and every day. #IAmAndIWill!



## WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

To contribute a news tip, story or advertisement in the next issue, please email us at:  
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[facebook.com/windsorregionalhospital](https://www.facebook.com/windsorregionalhospital)



[@WRHospital](https://twitter.com/WRHospital)

## February Is Heart Month

Heart Month is a time to bring attention to the importance of cardiovascular health and what can be done to reduce risk of cardiovascular disease. Heart disease affects approximately 2.4 million Canadian adults and is the second leading cause of death in Canada.

Risk of heart disease can be reduced by making healthy lifestyle choices including: quit smoking, eating a healthy and balanced diet, getting enough sleep, exercising regularly and monitoring your blood pressure and cholesterol levels.



Take Care of  
Yourself  
**Life is Short!**

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



# UPCOMING EVENTS

**FEBRUARY 28, 2019**

**Hats On For Healthcare Windsor Spitfires**  
WFCU Centre, 7:05pm  
8787 McHugh Street, Windsor

**MARCH 5, 2019**

**Hats On For Healthcare**  
Windsor Regional Hospital, Windsor-Essex

**MARCH 6, 2019**

**Hats On For Healthcare Windsor Express**  
WFCU Centre, 7:05pm  
8787 McHugh Street, Windsor

**MARCH 8, 2019**

**International Women's Day**  
Ciociaro Club Of Windsor  
3745 North Talbot Road

**APRIL 19, 2019**

**Volunteer Appreciation Party**  
Riverside Sportmen's Club  
10835 Riverside Drive East, Windsor

**MAY 23, 2019**

**WRHF Annual Golf Tournament**  
Essex Golf & Country Club  
7555 Matchette Road, LaSalle

**JUNE 19, 2019**

**Funkenhauser Family - A Day For A Life Golf Tournament**  
Kingsville Golf & Country Club  
640 County Road 20, Kingsville

**JUNE 22, 2019**

**Sail Into Summer Dinner**  
Windsor Yacht Club  
9000 Riverside Drive East, Windsor

**JULY 20, 2019**

**Rafih Auto Group Golf Tournament**  
Beachgrove Golf & Country Club  
14134 Riverside Dr E, Windsor



The World Health Organization (WHO) reported on ten global health threats that will impact the world in 2019, among them are antimicrobial resistance and vaccine reluctance or refusal.

## Super Day For Super Babies

The game may have been a bore, but the day was sure super for some parents of newborns on Super Bowl Sunday!

On February 3rd, Windsor Regional Hospital gave out special "football cocoons" to newborns born on the National Football League's most important day of the year.

For the 5th year in a row, families were invited to gather in a Waiting Lounge in the Family Birthing Centre at the Met Campus for photos with the crocheted footballs.

Carrying on a proud tradition of caring, the football cocoons were crocheted by the President of the Windsor Regional Hospital Auxiliary, Fae Gillespie. Thank you to Fae for making these fun and memorable gifts!

Welcome to the world, Abiya, Macsen, Noah and William-Karim!



**SUPPORT WINDSOR REGIONAL HOSPITAL FOUNDATION THROUGH THE NATIONAL BANK FINANCIAL WEALTH MANAGEMENT COMMUNITY SUPPORT PROGRAM**

Receive world class investment advice and financial planning help and support Windsor Regional Hospital Foundation at the same time.

Contact me at 519-258-7349 or [larry.sandre@nbc.ca](mailto:larry.sandre@nbc.ca) and I will meet with you to determine if this program will be right for you.

**Larry Sandre, CPA, CA, IA**



## INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



**Jody Quigley**  
RETAIL SERVER  
GUEST SERVICES



**Matthew Dalope**  
REGISTERED PRACTICAL NURSE  
MENTAL HEALTH

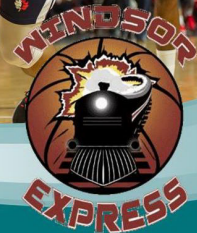


**Karly Lansue**  
REHAB ASSISTANT  
PHYSIOTHERAPY



**Laura-Lee Nuttall**  
REGISTERED NURSE  
INTENSIVE CARE UNIT

**TICKETS AVAILABLE NOW!**



**HATS ON FOR HEALTHCARE  
WINDSOR EXPRESS TICKETS**

**WEDNESDAY, MARCH 6, 2019  
WFCU CENTRE - TICKETS: \$15 EACH**

PURCHASE YOUR TICKETS FROM THE PUBLIC AFFAIRS/FOUNDATION OFFICE AT THE OUELLETTE AND MET CAMPUSES.

PROCEEDS FROM TICKET SALES FROM THE GAME BENEFIT THE 2019 HATS ON FOR HEALTHCARE CAMPAIGN SUPPORTING THE WINDSOR REGIONAL HOSPITAL FOUNDATION AND DIAGNOSTIC IMAGING EQUIPMENT AT WINDSOR REGIONAL HOSPITAL.

[hatsonforhealthcare.com](http://hatsonforhealthcare.com)

**Mathieu Pays It Forward**

Six year old, Mathieu Kochaniec had to spend some time in the hospital including London, and when he saw patients similar to him receiving care, he decided he wanted to give back. For his last birthday on January 17th, he asked family and friends to bring gifts that would be donated to Paediatric Child Life Services.

Mathieu collected \$315 and an additional \$360 in gift cards, donating the total amount of \$675 so that kids in the hospital could have items to help them through their convalescence.



Photo: Jennifer Burton Liang, Paediatric Child Life Services with Tina, Pat, Jonathan and Mathieu during their presentation at the Met Campus.

**Love Is...**

**A Heart-Shaped Pizza\* from Antonino's  
and supporting local Heart Care**

**AVAILABLE FEBRUARY 1 TO 28**

- \*HEART-SHAPED PIZZA**
- \*HEART-SHAPED NUTELLA PIZZA**
- \*HEART-SHAPED CINNAMON STICKS**

4310 HOWARD AVENUE  
519-969-1959

1695 MANNING ROAD  
519-979-9759

6535 MALDEN ROAD  
519-978-250



*The Best Pizza in town or  
your money back...Every Penny!*

[originalpizza.ca](http://originalpizza.ca)

\* \$1 from the sale of each Heart-Shaped menu item will be donated to the Windsor Regional Hospital Cardiac-Angioplasty Program.



**HATS ON FOR HEALTHCARE  
TUESDAY, MARCH 5, 2019**

**2019 CAMPAIGN SUPPORTING DIAGNOSTIC IMAGING EQUIPMENT  
AT WINDSOR REGIONAL HOSPITAL**

The 10th Annual Hats On For Healthcare is a fundraising initiative supporting Windsor Regional Hospital.

Participating individuals and organizations, together with their employees, members and clients are invited to put on their unique and creative head attire, make a donation and take part in many entertaining activities to help raise funds for Diagnostic Imaging equipment at Windsor Regional Hospital.

Participating in the 2019 Hats On For Healthcare is a great way to show the community that you and your employees care about healthcare in Windsor-Essex.



[www.hatsonforhealthcare.com](http://www.hatsonforhealthcare.com)

**CIOCIARO**  
CLUB  
CELEBRATES

International

# Women's Day

15  
Year  
ANNIVERSARY



Proceeds to:

Friday, March 8th, 2019

\$55 per person

Doors Open at 6:00 pm,  
Dinner to Follow

Appetizers/Antipasto  
Risotto  
Pasta  
Mixed Green Garden Salad

Chicken Parmesan  
Roasted Potatoes  
Vegetables  
Focaccia - Assorted Rolls

Dessert  
Coffee & Tea  
Cash Bar

## Fashion Show

Plus Explore Our Fabulous Beauty & Accessory Vendors



For tickets and more information please contact:

Anna Vitti  
(519) 254-3355

Ilde Mariani  
(519) 991-2743

Anna Vozza  
(519) 919-3960

Rita Petrilli  
(519) 735-9496

## TICKETS AVAILABLE NOW!



**HATS ON FOR HEALTHCARE NIGHT!**  
WINDSOR SPITFIRES vs. PETERBOROUGH PETES

THURSDAY, FEBRUARY 28 / 7:05 PM  
WFCU CENTRE - 8787 MCHUGH STREET

**TICKETS: \$20 EACH**

Partial proceeds from ticket sales benefit the 2019 Hats On For Healthcare campaign raising funds towards the purchase of Diagnostic Imaging equipment at Windsor Regional Hospital.

Purchase tickets online at [www.fevo.me/hats](http://www.fevo.me/hats)

# #RECIPEOFTHEWEEK

## Chicken Shawarma Bowls

Makes 4 servings.

Preparation/Cooking: 30 min



### INGREDIENTS:

- 1 cup medium bulgur
- Lemon Tahini Dressing:
- 1/2 cup warm water
- 1/3 cup tahini
- 1 teaspoon lemon zest
- 1/4 cup lemon juice
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 3/4 teaspoons salt

### BOWLS:

- 400 g boneless skinless chicken thighs
- 1/2 teaspoon each salt and pepper
- 1 tablespoon olive oil
- 8 cups mixed baby greens
- 1/2 cup thinly sliced red onion
- 8 cocktail tomatoes, cut in wedges
- 1 cup parsley, chopped
- pickled turnips, chopped pistachios and/or hot pepper sauce (optional)

### DIRECTIONS:

Cook bulgur according to package directions; fluff with fork.

Lemon Tahini Dressing: Meanwhile, in bowl, whisk together warm water, tahini, lemon zest, lemon juice, oil, garlic and salt; set aside.

Bowls: Sprinkle chicken with salt and pepper. In large nonstick skillet, heat oil over medium-high heat; cook chicken, flipping once, until golden and juices run clear when chicken is pierced, 8 to 10 minutes. Transfer to cutting board; slice chicken. Divide bulgur, chicken, baby greens, red onion, tomatoes and parsley among 4 bowls; drizzle each with 1/2 cup of the Lemon Tahini Dressing. Top with turnips, pistachios and hot sauce (if using).

### NUTRIENTS Per Serving (1/4 of Recipe)

Calories: 452; Protein: 27g; Total Fat: 23g; Carbohydrates: 39g; Sugar 4g; Fibre 8g; Sodium 824mg

## VENDORS ON DISPLAY February 11-15, 2019

**Met Campus:** Little Red Door, Lories Glass, Magnolia & Vine, Remember Me by Annie, Custom Essentials, LA Boutique, Helix Hearing Care

**Ouellette Campus:** Magnolia & Vine, Unique Books, Little Red Door, Crystal Clear Jewellery, Ruellands Stuff 'n Bears

Please note: Vendors subject to change.