



# FRONTLINE FEBRUARY 11, 2020

# TRIBUNE



COMPASSION is our  
PASSION

VOLUME 8 / EDITION 5



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

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)



@WRHospital

## Local Author, Historian Celebrates Black History Month

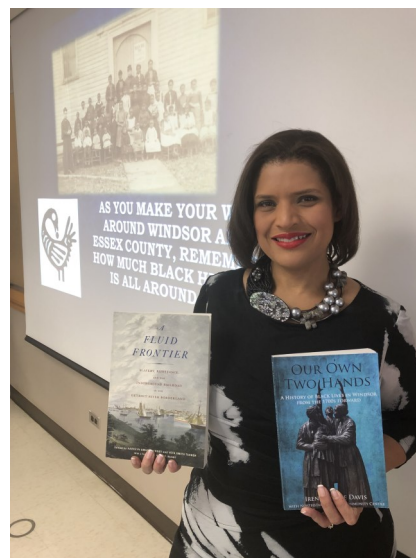
Windsor Regional Hospital was proud to host a visit by a renowned author and historian in recognition of Black History Month.

Irene Moore Davis provided an extensive overview of Black history in Windsor and Essex County with a vibrant presentation that truly made history come alive for attendees.

Irene is the Manager, Continuing Education for St. Clair College, where she also teaches Underground Railroad history. She has been the President of the Essex County Black Historical Research Society since 2010. She also fulfills board and committee roles with the Buxton National Historic Site, the Northstar Cultural Community Centre, Alpha Kappa Alpha Sorority, and BookFest-Windsor. Her forthcoming book is entitled *Our Own Two Hands: A History of Black Lives in Windsor from the 1700s Forward*.

Irene's chapter on Canadian Black settlements is included in the 2015 book *A Fluid Frontier: Slavery, Resistance, And The Underground Railroad In The Detroit River Borderland* (Wayne State University Press.) Her passionate contributions to the research and teaching of Black history in Windsor and Essex County earned her a 2015 University of Windsor History Department Community Heritage Medal, the 2016 John R. Park Homestead Award from the Essex Region Conservation Authority, and the 2019 E.J. Lajeunesse Award from the Essex County Historical Society.

Irene was raised in Windsor, and is proud that her family has been here since the mid-19th century. She is a graduate of the University of Windsor, Queen's University and the University of Western Ontario.



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



# UPCOMING EVENTS

**FRIDAY, FEBRUARY 14, 2020**

Valentine's Day

**MONDAY, FEBRUARY 17, 2020**

Family Day

**THURSDAY, FEBRUARY 27, 2020**

Windsor Spitfires Hats On Night  
WFCU Centre, 8787 McHugh Street

**WEDNESDAY, MARCH 4, 2020**

Hats On For Healthcare Day

**FRIDAY, MARCH 6, 2020**

Windsor Express Cancer Awareness Night  
WFCU Centre, 8787 McHugh Street

**TUESDAY, MARCH 17, 2020**

St. Patrick's Day

**FRIDAY, MARCH 28, 2020**

Give A Lift For Mental Health  
St. Clair Sportsplex, 2000 Talbot Road West

**THURSDAY, MAY 21, 2020**

WRH Golf Tournament  
Essex Golf & Country Club  
7555 Matchette Road

## DID YOU know?

An orphanage and school for black children was opened on the property of the then-new Hôtel-Dieu Hospital in 1890 in the Village of Windsor. Windsor became a city in 1892.



A New Zealand cohort study including 5,128 children found that repeated antibiotic exposure in the first four years of life was significantly associated with higher body mass index (BMI) later in childhood.

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

AVAILABLE FEBRUARY

\*HEART-SHAPED PIZZA

\*HEART-SHAPED NUTELLA® PIZZA

\*HEART-SHAPED CINNAMON STICKS



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.



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

## VENDORS ON DISPLAY

February 11- February 17, 2020

**Met Campus:** Freak Parade, Barb's Healthcare, Umbi Fashion, What's Poppin, Alice & Betty Designs, Silver N'Such, Crystal Clear Jewellery, Lorie's Glass House

**Ouellette Campus:** PureTrim, Zesty, Ruelland's Stuff N' Bears, Accessorize

Please note: Vendors subject to change.

## INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



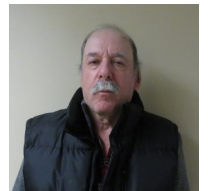
**Leticia Emanuel**  
Registered Nurse  
RENAL  
HEMODIALYSIS



**Adam Bilkiewicz**  
Manager  
LABOUR  
RELATIONS



**Lauren Elliott**  
Pharmacist  
PHARMACY



**Harry Lecker**  
Discharge Team  
VOLUNTEER  
SERVICES

## Parlez-vous Français? French Friday at Met Campus - February 28, 2020

Save the date for lunch on Friday, February 28th as we hold our next "French Friday" session!

The idea behind French Friday is to provide an opportunity for anyone at WRH to learn more about francophone services in our community and to network with others who are bilingual or are interested in improving their French language skills.

On February 28th, we will host the Community of Practice for Bilingual Professionals (CPBP), a southwestern Ontario group which offers resources to bilingual professionals. They will be demonstrating a new website dedicated to helping bilingual professionals through information, resources, tools and online support.

We will provide more details about the event (including time and location) as we get closer to the event date. Stay tuned!



## Supporting The Homeless

Once again a team from WRH will participate in the annual "Coldest Night of the Year" downtown walk on Saturday, February 22, 2020 in support of The Downtown Mission.

If you are interested in participating, you can walk with the team or if you don't want to walk but still want to help, you can donate to our WRH team by clicking on the link below:

<https://secure.e2rm.com/registant/TeamFundraisingPage.aspx?teamID=887063>

Donations and participants for our WRH team are so far behind last year's pace, so please consider it!



## PURCHASE YOUR TICKETS TODAY!



I SUPPORT HATS ON FOR HEALTHCARE



## WINDSOR EXPRESS CANCER AWARENESS NIGHT WINDSOR EXPRESS VS. THE ST. JOHN'S EDGE

FRIDAY, MARCH 6, 2020 / 7PM  
WFCU CENTRE - TICKETS: \$15 EACH

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

PURCHASE A \$15 TICKET WITH \$4.00 FROM EACH TICKET SUPPORTING THE 2020 HATS ON FOR HEALTHCARE CAMPAIGN RAISING FUNDS FOR CRITICAL CARE PROGRAM EQUIPMENT AT WINDSOR REGIONAL HOSPITAL



## CULTURAL AWARENESS TRAINING WITH THE MCC

The Multicultural Council of Windsor and Essex County (the MCC) is offering two Cultural Competence Training Workshops next month for WRH employees.

Presented by MCC Director of Programs and Development - Fred Francis, the 1 hour presentations are designed to help ensure service providers in Windsor-Essex have the tools necessary to meet the needs of our ever-changing population.

Topics covered include:

- » Communicating Across Cultures
- Understanding and overcoming barriers.
- » Diversity in the Workplace
- Encouraging a welcoming environment.
- » Harmony as Practice
- Building positive workplace culture.



Participants are welcome to attend either or both of the sessions in this two-part workshop. Certificates will be awarded to those who complete both sessions.

All are welcome to attend.

### PART 1

Date: February 13, 2020  
Time: 12:00 pm - 1 pm  
Location: Met Campus, Clinical Ed Room  
Ouellette Campus, Essex Room

### PART 2

Date: February 20, 2020  
Time: 12:00 pm - 1 pm  
Location: Met Campus, Clinical Ed Room  
Ouellette Campus, Essex Room

A light lunch will be provided to those who RSVP at least two days in advance of each session to [allison.johnson@wrh.on.ca](mailto:allison.johnson@wrh.on.ca).

# GIVE A LIFT

## For Mental Health

### Charity Bench Press Competition

**10:00am March 28, 2020**  
**St. Clair College Sportsplex**  
**2000 Talbot Rd W, Windsor, Ontario**  
 Registration begins at 9:00am

Join Your Community and The Rotary Club of Windsor Roseland's Young Rotary Leaders in giving a lift for those in need! All proceeds benefit the Mental Health Unit of the Windsor Regional Hospital.

#### Competitive and Non-Competitive Categories!

**Join us | Raise Dollars | Lift Spirits**

**Registration Deadline is March 21!**



For more information contact:  
[ryl.wrr@gmail.com](mailto:ryl.wrr@gmail.com) 519-990-1919



## Chocolate Fudge Energy Bites

**Prep Time: 15 minutes**  
**Cook Time: 0 minutes**  
**Total Time: 15 minutes**  
**Makes 16 energy bites**

#### INGREDIENTS

- 1 cup pitted dates
- 1/2 cup raw almonds
- 1/2 cup raw walnuts
- 1/4 cup cocoa powder
- 1-2 tbsp of water (as needed)



#### DIRECTIONS

Add the dates to a food processor. Pulse a few times until the dates are chopped. Add the almonds and dates and pulse a few times until they are chopped and start to blend with the dates. Add the cocoa powder and 1 tbsp of water until all the ingredients start to form a batter and stick together. (You don't want to completely blend the almonds - there should be some small pieces for texture). If the mixture is still crumbly after a few minutes, add another tbsp of water (add 1 tsp at a time) so that it blends better and forms a dough like consistency. Roll into balls about ~1 inch in size. Store in the fridge for up to 7 days or keep in the freezer for up to 2 months.

#### Nutrition facts per 1 energy bite:

95 calories, 5g Total Fat, 2g Protein, 14g Total Carbohydrates, 9g Fibre, 9g Sugar, 0mg Sodium

## TICKETS AVAILABLE NOW!



**I SUPPORT HATS ON FOR HEALTHCARE**



## HATS ON FOR HEALTHCARE NIGHT!

### WINDSOR SPITFIRES vs. SOO GREYHOUNDS

**THURSDAY, FEBRUARY 27 / 7:05 PM**  
**WFCU CENTRE - 8787 MCHUGH STREET**

#### SPECIAL PRICE TICKETS:

\$18 tickets available through the Windsor Regional Hospital Foundation. Tickets can be purchased in the Foundation Office at both Met and Ouellette campuses. \$5 from every ticket will support Hats On For Healthcare benefitting the Critical Care Program.

#### HATS ON FOR HEALTHCARE WINDSOR SPITFIRES PACKAGE:

A special \$25 ticket package that includes a Red Zone ticket and a Windsor Spitfires baseball cap. \$5 from every ticket package will be donated to Hats On For Healthcare. This ticket package can only be purchased online at [www.windsorspitfires.com/special-themed-events](http://www.windsorspitfires.com/special-themed-events).

## Can't Decide What Hat To Wear? You've Still Got Time! Save The Date!

## HATS ON FOR HEALTHCARE WEDNESDAY, MARCH 4, 2020

THE 2020 CAMPAIGN SUPPORTING CRITICAL CARE PROGRAM EQUIPMENT AT WINDSOR REGIONAL HOSPITAL



The 11th 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 Critical Care Program equipment at Windsor Regional Hospital.

Participating in the 2020 Hats On For Healthcare is a great way to show the community that you and your employees care about healthcare in Windsor-Essex.

REGISTER TODAY AT

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

