



FRONTLINE JANUARY 21, 2019

TRIBUNE

VOLUME 7 / EDITION 2



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

Cancer Program Partners with Local Fitness Centres To Give Patients More Options For Exercise

The Erie St. Clair Regional Cancer Program (ESCRCP), with the support of the Windsor Cancer Centre Foundation, is partnering with 8 fitness centres in the region to expand the RENEW Exercise Program.

In the RENEW Exercise Program, participants work with specially trained fitness instructors to build strength and confidence. The program allows participants to start slowly, go at their own pace, and work with other patients/survivors in a welcoming and supportive environment.

In the past, the exercise classes were only offered at certain times of the year, and only at one location. Starting next month, they will run year round, at the following locations:

- Windsor Squash & Fitness Club
- Windsor YMCA at Central Park Athletics
- Pure Cycle & Yoga Studio – Belle River
- Performance 360 Health and Fitness Club – Chatham
- Ironworks Gym – Sarnia
- Beachwalk Family Fitness – Essex
- St. Denis Centre – Windsor
- The Hospice of Windsor and Essex County – Windsor

At the announcement last week, volunteer participants demonstrated how the program works to meet individual goals.

Diane Marley is Co-chair of the Patient and Family Advisory Committee and participated in the program after receiving treatment for breast cancer in 2013.

"The treatments made me very weak and the gym was never really my cup of tea, so I was nervous at first," Marley says, "but this program was about so much more than fitness." It helped me walk distances, carry my own purse and get my own groceries, which I had not been able to do after the treatments. It was an incredible opportunity to work out with instructors who understood my needs and limitations, and other participants who supported each other in and out of the class." The 60 minute RENEW Exercises Classes will run twice a week at each participating location.

All active patients at the Windsor Regional Cancer Centre who are currently receiving treatment or are in follow-up care are eligible for the program. Thanks to the generous support of the Windsor Cancer Centre Foundation and its donors, the cost to participants is only \$40 for their first 10-week session. For a full list of locations, schedules and registration information, please visit www.wrh.on.ca/RENEW.



Photo: Participants of the Renew exercise program doing a demonstration.

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



UPCOMING EVENTS

JANUARY 26, 2019

T2B Gala

Caesars Windsor
377 Riverside Drive East, Windsor

FEBRUARY 2, 2019

In Honour Of The Ones We Love Gala

Ciociaro Club
3745 North Talbot Road, Oldcastle

MARCH 5, 2019

Hats On For Healthcare

Windsor Regional Hospital, Windsor-Essex

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

Annual Golf Tournament
Beachgrove Golf & Country Club



Carbapenemase-producing Enterobacteriaceae (CPE) are Enterobacteriaceae (e.g. E. coli, Klebsiella pneumoniae) that are resistant to almost all antibiotics. They are found in the gastrointestinal tract and are spread through direct and indirect contact through the fecal-oral route.

Studious Group

Thanks to Grade 12 students from Leamington District High School, the Business Leadership Group as part of their social responsible activities, took on a project to raise funds for Paediatric Child Life Services by selling pizza and popcorn during December, raising almost \$400 to assist children in the hospital.



Photo: Leamington District High School students; Emily Schmenk, Melissa Neufeld, (Jennifer Burton Liang, Paediatric Child Life specialist), Justin Singkhaew and Cassidy DeGroot presenting their donation at the Met Campus.

Ugly Sweater Contest

Thanks to everyone who participated in the 2018 ugly sweater contest.



Danielle Demitoff
Met Winner

Helen Brown
Ouellette Winner

VENDORS ON DISPLAY JANUARY 21 - JANUARY 25, 2019

Met Campus: Unique Books, Devonshire Residence, Qualicare, Express Uniforms, Lifetimes on Riverside, Epicure, Freak Parade

Ouellette Campus: Magnolia & Vine; Crystal Clear Jewellery, Xperience Home Healthcare, Express Uniforms
Please note: Vendors subject to change.

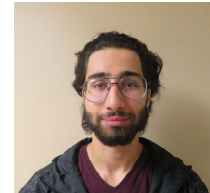
INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Deanna Dietrich
REGISTERED NURSE
CORONARY CARE
UNIT



Jodie Van Gassen
REGISTERED NURSE
NEONATAL INTENSIVE
CARE UNIT



Mahmoud Ammour
DISCHARGE
VOLUNTEER
SERVICES



Dr. Syed Nadeem
PROFESSIONAL STAFF
INTERVENTIONAL
CARDIOLOGY

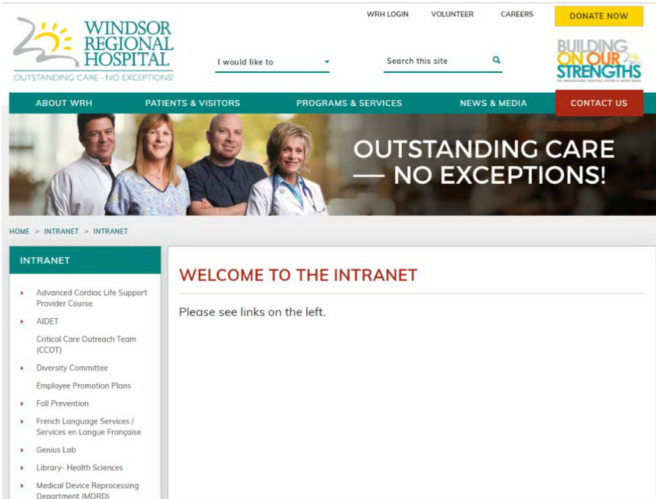
The WRH Intranet Is Under Construction

The Public Affairs team is now in the process of redeveloping the WRH Intranet to give staff easier access to the information and resources required at work.

This is an opportunity to look at new ways we can use the online tool to better connect with each other and share information resources.

In the coming weeks, you will receive a survey asking for any suggestions you have or features you would like to see on the new Intranet.

Please help us by taking the time to provide your feedback. If you have any suggestions in the meantime, please send them to publicaffairs@wrh.on.ca.



Purell On Our Floors

The floors at Windsor Regional Hospital aren't really that dirty! You may have seen sights like this under hand washing units. And, you may have heard patients and families claiming the hospital floors are dirty and wondered why we are not cleaning them.

The culprit is the hand washing ingredient itself! The hand sanitizer foam does not interact well with the finish on our floors. The photo was taken in the Met Campus Emergency where it is most notable. What occurs is, the alcohol in the sanitizer, over time, removes the finish from the floors and, as a result, creates the dark looking area. Yet another reason for a new hospital in the future. We can plan in advance on things like this.

In the meantime, keep sanitizing your hands. You are saving lives by doing so and the little damage to the floor is not as important.



STAY SAFE - STORE IT RIGHT



Racking/Shelves:

- Must be secured
- Strong enough to withstand load
- Does not block sprinklers/electrical panels/pathways or exits
- Clearance from heat sources
- Aisles have a minimum 24 inch clearance

Common Hazards:

- Lack of space
- Poor loading
- Unsecured stacks/damaged pallets
- Poor ventilation
- Unnecessary clutter (equipment/supplies)

Storing Supplies:

- Keep heavy items at core or lower level/lighter items higher up
- No hazardous liquids stored above eye level
- Secure items stored over 6ft to prevent accidental falling
- Ensure step stool/ladder is available for easy access
- Put items away when not in use



For more information contact the
Occupational Health and Safety Department
MET: 56466 OUE: 32546



Palliative Care Nurses Perspective on Medical Assistance in Dying

Dr's L. Freeman & K. Pfaff presenting

Thursday January 24, 2019 at 6pm

Pasta and salad dinner included!

**Location: Windsor Regional Hospital
Metropolitan Campus: Clinical Education Center**

1995 Lens Ave

Tickets sold on Eventbrite for \$10

Link: <https://www.eventbrite.ca/e/palliative-care-nurses-perspective-on-medical-assistance-in-dying-tickets-53668380571>

human touch awards

2019

Call For Nominations!

Do you know someone who exhibits exemplary and compassionate patient care? Nominate them for a Human Touch Award and celebrate the unsung heroes of the healthcare system who provide the true 'human touch' to patients across Ontario every day. All individuals who work or volunteer with patients receiving cancer or kidney care are eligible to be nominated.

- Nominations close on **Tuesday, March 12, 2019**
- For more information, contact communications@cancercare.on.ca.

ccohealth.ca/HumanTouchNomination

#RECIPEOFTHEWEEK

Cheeseburger Lasagna Supper

Makes 6 servings

Preparation/Cooking: 30 min

INGREDIENTS

- 1 tbsp canola oil
- 450 g lean ground pork
- 1 onion , chopped
- 1 sweet yellow pepper , chopped
- 2 cloves garlic , minced
- 1 1/2 tsp paprika
- 1/2 tsp pepper
- pinch salt
- 2 cups reduced-sodium chicken broth
- 3 cups short mafalda pasta
- 2 cups jarred marinara sauce
- 1 1/2 cup shredded mozzarella cheese (approx)
- 1/4 cup chopped parsley



DIRECTIONS

In large pot, heat oil over medium-high heat. Cook pork, stirring, until browned, about 4 minutes. Stir in onion, yellow pepper, garlic, paprika, pepper and salt; cook until starting to soften, about 4 minutes. Stir in broth, scraping up browned bits. Add pasta, marinara sauce and 1/4 cup water; bring to boil. Reduce heat to low; cover and cook, stirring halfway through, until pasta is al dente, about 10 minutes. Remove from heat. Stir in mozzarella; sprinkle with parsley. Sprinkle with additional mozzarella, if desired.

NUTRIENTS Per Serving (1/6 of Recipe):

Calories: 350; Protein: 26g; Total Fat: 12g; Carbohydrates: 35g; Sugar 7g; Fibre 4g; Sodium 794mg

Save the Date



2019 International Patient Safety Symposium Detroit-Windsor

Partners

Sponsors



DOUGLAS MARKETING GROUP

JAMIE DANIELS FOUNDATION
MEMORIAL CHM FOUNDATION

Communication Partners



DATE FEB 8th 2019

St. Clair College Centre for the Arts | 201 Riverside Dr W, Windsor, ON

Registration & Continental Breakfast 8:00 a.m.
Sessions 9:00 a.m. - 4:30 p.m. Lunch included.

ipssdetroitwindsor.com