



FRONTLINE JUNE 24, 2019 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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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



@WRHospital

Windsor Regional Hospital Annual General Meeting

The Annual General Meeting of Windsor Regional Hospital was held on June 20th 2019. Dan Wilson will continue as Chair until June of 2020 along with Anthony Paniccia, Vice-Chair; Michael Lavoie, Treasurer; and Lynne Watts, Past Chair. Others elected to the board include Penny Allen, Arvind Arya, Cynthia Bissonnette, Patricia France, Dr. Laurie Freeman, Genevieve Isshak, Paul Lachance, John Leontowicz and Pam Skillings.

President of the Windsor Regional Hospital Foundation John Comisso and Past President Richard Vennitilli and WRH Auxilians Iris Brown and Donna Squires presented cheques. The Windsor Regional Hospital Foundation raised \$2.8 Million for equipment in 2018/2019 and the Auxilians raised \$124,604.00.



John Comisso, Richard Vennitilli, and Dan Wilson



Iris Brown and Donna Squires

Introducing FIT: A Simple, Safe and Accurate Way To Check for Colon Cancer

Getting checked for colon cancer just got easier with the introduction of the fecal immunochemical test (FIT) in Ontario. The free test is now available to eligible people in Ontario through Cancer Care Ontario's organized colon cancer screening program, ColonCancerCheck.

FIT is a simple, safe and accurate at-home test that checks stool for tiny amounts of blood, which could be caused by colon cancer and/or pre-cancerous polyps (growths in the colon or rectum) that can turn into cancer over time. The FIT is for men and women ages 50 - 74 who have no symptoms and no family history of colorectal cancer. The test is to be completed every two years.

FIT replaces the fecal occult blood test (FOBT) that required patients to collect stool samples on three separate days and avoid certain foods and medications before the test.

The new test has many advantages:

- FIT is better at detecting colon cancer and pre-cancerous polyps;
- FIT is more user-friendly because it includes an easy-to-use collection device;
- FIT requires only one stool sample; and
- When completing FIT, there are no medication or dietary restrictions (including vitamin C).

Story continues on Page 2.

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



UPCOMING EVENTS

JULY 4

TEAM CLEAN

Ouellette Campus
1030 Ouellette Avenue, Windsor

JULY 9, 2019

TEAM CLEAN

Met Campus
1995 Lens Avenue, Windsor

JULY 20, 2019

Rafih Auto Group Golf Tournament

Beachgrove Golf & Country Club
14134 Riverside Drive East, Windsor

AUGUST 8, 2019

TEAM CLEAN

Met Campus
1995 Lens Avenue, Windsor

AUGUST 13, 2019

TEAM CLEAN

Ouellette Campus
1030 Ouellette Avenue, Windsor

SEPTEMBER 13, 2019

Cancer Education Days

Ciociaro Club, Salon A
3745 North Talbot Road, Windsor

SEPTEMBER 14, 2019

India Canada Association Gala

Caesars Windsor
377 Riverside Drive East, Windsor

SATURDAY, SEPTEMBER 21, 2019

Flapjack Fundraiser Breakfast

Applebee's Neighbourhood Grill & Bar
2250 Division Road, Windsor

FRIDAY, SEPTEMBER 27, 2019

The 2019 Cancer Conference

The Arena, Walpole Island
770 Tecumseh Road, Wallaceburg, Ontario



The World Health Organization's (WHO) emergency committee met last week in response to a cluster of Ebola cases that spread from the Democratic Republic of the Congo to Uganda. For the third time since the beginning of the outbreak in August 2018, the committee claimed that the situation does not constitute a public health emergency of international concern.

Introducing FIT continued...

"We hope that this easy-to-do test will lead to more people being screened," says Dr. Tamara Siddall, Erie St. Clair Regional Primary Care Lead. "Getting screened increases the chance of finding colorectal cancer early, when it is smaller and easier to treat. When caught early, nine out of 10 people can be cured."

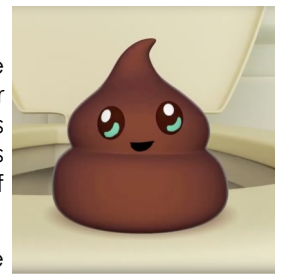
JEV Marketing & Communications is helping to promote the new screening test locally to encourage eligible individuals to get screened.

Gasper Faraci, who is President of the company and a colorectal cancer survivor, created a campaign for the Erie St. Clair Regional Cancer Program free of charge. "I know firsthand how important early detection is when dealing with a cancer diagnosis. It is my hope that the awareness generated by this campaign will encourage more people to get screened," says Faraci.

The marketing campaign featuring "Sam the Poop Emoji" goes step-by-step through the easy-to-conduct test and encourages eligible people to get screened.

Click on FIT test promotional video link below produced by JEV Marketing & Communications.

www.wrh.on.ca/SamsFITtest



Gasper Faraci, President
JEV Marketing &
Communications

VENDORS ON DISPLAY THIS WEEK!

Met Campus: Umbi Fashion Jewelry, Barbs Health Care, Brands 4 Less, Alice and Betty Designs

Ouellette Campus: Umbi Fashion Jewelry, Funky Living, HML Gifts and Fashions

Please note: Vendors subject to change.

The WRH MY CARE JOURNEY App helps YOU and your FAMILY:

- ✓ Know what to expect in the hospital
- ✓ Play an active role in your treatment
- ✓ Understand next steps in your care

FREE
and
EASY
to use

DAY 1
How long
will I stay?



Download on the
App Store

GET IT ON
Google Play

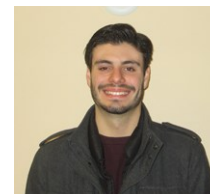
INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



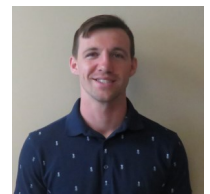
Sydney Macpherson
REGISTERED
NURSE
MEDICINE



Melissa Masse
REGISTERED
NURSE
MEDICINE



Daniel Cence
REGISTERED
NURSE
MEDICINE



Jesse Livermore
EMERGENCY
DEPARTMENT
VOLUNTEER SERVICES

A Day For A Life Golf Tournament

The 2019 "A Day For A Life" Golf Tournament was held at Kingsville Golf and Country Club on Wednesday June 19th. Over 150 golfers took to the course to raise funds for numerous organizations including Windsor Regional Hospital Foundation. Congratulations on another successful tournament.



Gunther and Fallon Funkenhauser.



Ved Uppal



Let's take pride in our neighbourhood, participate in the Team Clean at Windsor Regional Hospital

TEAM CLEAN

"Be the change that you wish to see in the world". **Gandhi**

Ved Uppal Invites You To "TEAM CLEAN"

THURSDAY JULY 4 / OUELLETTE CAMPUS / 8:30AM - 11:30AM

TUESDAY, JULY 9 / MET CAMPUS / 8:30AM - 11:30AM

THURSDAY, AUGUST 8 / MET CAMPUS / 8:30AM - 11:30AM

TUESDAY, AUGUST 13 / OUELLETTE CAMPUS / 8:30AM - 11:30AM

Volunteers will be picking up garbage, etc....making the environment for patients and families a little better.

If you have two hours or more to give, you are invited to join in this initiative - participants will receive supplies, bottled water and an appreciation gift.

(Students needing to complete hours are encouraged to participate)

To register call Renee Hopes at **519-254-5577 ext.33184**

or email renee.hopes@wrh.on.ca to sign up to help.



Erie St. Clair
Regional Cancer Program
in partnership with Cancer Care Ontario

Ask your primary care provider about the brand new **FIT** test

It is a safe and painless way to
check for colorectal cancer

Easier to complete!

Let Sam demonstrate by
scanning the QR Code:



or go to:
www.SamsFITtest.ca

For more information, visit
www.cancercaresontario.ca/colon

Sail Into Summer

There were 150 attendees at the recent **Sail into Summer** fundraising dinner at the Windsor Yacht Club. Many thanks to chair person Carol Parent for her efforts in raising money for a new 3-D digital mammography machine. Special thanks to Lisa Williams, MC for the evening. A wonderful way to celebrate the beginning of summer. Stay tuned for more information on the WRH Foundation's progress on this campaign.



Photo: Carol Parent, Don Campeau
and Lisa Williams.





- Save The Date -

INDIA CANADA ASSOCIATION
in association with
WINDSOR REGIONAL HOSPITAL FOUNDATION



Gala Dinner

SATURDAY, SEPTEMBER 14, 2019

Caesars Windsor, Augustus Ballroom • Reception: 6:00pm/ Program: 7:00pm

Join the India Canada Association for an evening of delicious East Indian food, live Bollywood style entertainment, inspiration, socializing and fundraising.

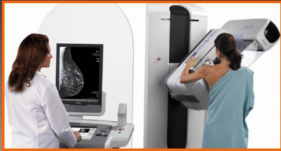
Proceeds from this event will raise much needed funds for a new 3D Diagnostic Mammography Machine to detect Breast Cancer earlier and more accurately.



Featuring special guest speaker:

Dr. Del Dhanao

WRH Chief of Diagnostic Imaging



Digital Mammography 3D Machine
for the Breast Health Centre.

For tickets and sponsorship, please contact:

Purnima Kumar, President: 519-903-7237
Taskeen Jamali, Vice President: 519-566-9560
Nishita Sharma, Past President: 226-975-5666
Khushali Parikh, Secretary: 519-992-8277
Sharda Yadav, Treasurer: 519-965-0479



JOIN US!

Unity
with
Community
2019



ACKNOWLEDGING BKEJWANONG TERRITORY

CCC Erie St. Clair
Regional Cancer Program
in partnership with Cancer Care Ontario

CCC South West
Regional Cancer Program
in partnership with Cancer Care Ontario

TRANSITION THROUGH THE CANCER JOURNEY

UNITY WITH THE COMMUNITY THE 2019 CANCER CONFERENCE

FRIDAY SEPTEMBER 27TH, 2019 | 9AM - 3:30PM | THE ARENA, WALPOLE ISLAND

770 TECUMSEH ROAD, WALLACEBURG ON N8A 4K9

9AM - 9:30AM REGISTRATION & CONTINENTAL BREAKFAST | 12 PM: LUNCH IS PROVIDED | 3:30PM: WRAP UP

RSVP BY SEPT. 13, 2019 TO LAUREL DAY

E:lday@namerind.on.ca | P: 519-672-0131 x247 | F: 519-672-0717

#RECIPEOFTHEWEEK

Honey Ginger Pork & Green Beans

Makes 4 servings.

Total Time: 20 minutes



INGREDIENTS

- 1 cup long-grain white rice, rinsed
- 2 tbsp canola oil, divided
- 450g pork tenderloin, cut in strips
- 1 tbsp grated fresh ginger
- 4 cups green beans, trimmed and halved
- 2 tbsp rice vinegar or white vinegar
- 1/3 cup salted roasted cashews, chopped
- 3 garlic cloves, minced
- 1/4 cup liquid honey
- 1/4 tsp hot pepper flakes
- 1 tsp each salt/pepper

DIRECTIONS

In saucepan, cook rice according to package directions. Fluff with fork; keep warm. Meanwhile, in large nonstick skillet, heat 1 tbsp of the oil over medium-high heat. Sprinkle pork with salt and pepper. Add to pan; cook, stirring often, until no longer pink, 4 to 5 minutes. Scrape into large bowl. In same pan, heat remaining 1 tbsp oil over medium-high heat. Add garlic and ginger; cook until fragrant, about 30 seconds. Add green beans and 1/3 cup water; cook, stirring, just until tender and water is evaporated, about 4 minutes. Scrape into bowl with pork. In same pan, add honey, vinegar and hot pepper flakes; bring to boil. Cook, stirring often, until slightly thickened and golden, about 2 minutes. Return pork, green beans and any juices to pan; cook until heated through, 1 to 2 minutes.

NUTRIENTS Per Serving

Calories: 567; Protein: 33g; Total Fat: 17g; Carbohydrates 72g; Sugar 21g; Fibre 4g; Sodium 730mg

GUEST TRAYS

Would you like to have a meal with your friend
or family member staying at the hospital?

Guest trays are available for purchase so that you can enjoy a meal together.

Each Guest Tray meal consists of:

One Entrée • One Beverage • Three Sides (potato, vegetable, soup and dessert)

Cost of \$8.00, all taxes included

Once you have purchased a voucher, Guest Trays can be ordered during patient food service hours from 7:00am – 6:00pm by dialing 4FOOD (43663) within the hospital, or 519-254-5577, press 4, outside the hospital.

GUEST TRAYS VOUCHERS AVAILABLE AT:

OUELLETTE CAMPUS

Tim Hortons' Kiosk,
Cashiers Office & Gift Shop

MET CAMPUS

Tim Hortons' Kiosk,
Cashiers Office & Gift Shop

If you have any questions,
please call Food & Nutrition
at 519-254-5577 ext.52031



www.wrh.on.ca

COMPASSION is our
PASSION

WINDSOR
REGIONAL
HOSPITAL
OUTSTANDING CARE - NO EXCEPTIONS