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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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Name Your Intranet Contest – Win a \$100 Amazon Gift Card!

The creative team in Public Affairs needs your help as we move into Phase 2 of the Internet/Intranet redesign.

This phase includes a new Intranet with a fresh look, an easy to use format, and a NEW NAME!

Help us name the new platform and you could win a \$100 Amazon Gift Card.

Name Your Intranet contest details:

Visit www.wrh.on.ca/NameYourIntranet and submit a creative & catchy name for the new WRH intranet before midnight on April 19, 2019.

- Each employee can submit up to 3 different names.
- A team of judges will select a short list of submissions.
- The short list will be shared with staff who will vote on their choice for a new name.
- The name with the most votes wins!



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

Ron Foster, Editor
ron.foster@wrh.on.ca
519-254-5577 ext. 52003

Gisele Seguin
gisele.seguin@wrh.on.ca
519-254-5577 ext. 52008

Steve Erwin
steve.erwin@wrh.on.ca
519-254-5577 ext. 33350

David Lenz
david.lenz@wrh.on.ca
519-254-5577 ext. 32539



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



Prizes:

All participants with shortlisted submissions will receive a \$10 Tim's Card. The *Name Your Intranet* contest winner will receive a \$100 Amazon gift card. The shortlist will be announced on April 29 and the final selection will be revealed in May.

VENDORS ON DISPLAY - MARCH 25-29, 2019

Met Campus: Costco, Accessorize it, Custom Essentials, Just Jewellery, Funky Living, Alice & Betty Designs, Freak Parade, Epicure
Ouellette Campus: Freak Parade, Silver 'n Such, Magnolia & Vine, Accessorize It

Please note: Vendors subject to change.

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



UPCOMING EVENTS

APRIL 1-7, 2019

National Ethics Week

APRIL 3, 2019

Challenging The Myth - Consent & Capacity

Met Campus - Auditorium Side A
Ouellette Campus - Windsor Room
RSVP at Maria.Distefano@wrh.on.ca

APRIL 7, 2019

Ruby's Wings Craft Show

Kingsville Arena, 1741 Jasperson Dr, Kingsville

APRIL 11, 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 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 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 Dr E, Windsor



Always handle raw turkey and raw chicken carefully, and cook it thoroughly to prevent food-related illnesses like Salmonella.

National Dietitians Day Celebrated March 20, 2019

Once a year, a special day is dedicated to all dietitians across Canada. It celebrates dietitians as health care professionals, committed to using their specialized knowledge and skills in food and nutrition to improve the health of Canadians.

Dietitians Promote Health Through Food and Nutrition

Collaborative. Evidence-based Evidenced Based Practice

Dietitians translate complex scientific evidence into practical solutions to promote health and manage special health conditions such as diabetes, heart disease, cancer, allergies and obesity.

Collaborative approach

Dietitians are valuable members of the health care team, working collaboratively with other health care professionals including doctors, nurses, physiotherapists, and speech language pathologists. Dietitians individualize information, care plans, and programs to meet the unique needs of clients and communities.

Most qualified nutrition professionals

To be sure you are accessing the most qualified nutrition professional, look for the initials RD or Pdt (DtP in French) after the health professional's name or ask - are you a dietitian?

Dietitian is a protected title across Canada, just like physician, nurse and pharmacist. **Nutritionist** is also a protected title in Alberta, Quebec and Nova Scotia. To use these titles, the dietitian must meet and maintain provincial registration requirements.

Dietitians work in diverse roles and environments

Dietitians work in the community, health care, food services and private practice as:

Leaders: In all aspects of food systems, including food security and sustainability, food service management, production and marketing.

Educators: Of health professionals, school teachers, fitness instructors and future dietetic professionals.

University educated

Dietitians are university educated with hundreds of hours of supervised, hands-on training in food systems, disease management, population health, communications and counselling.

To find a dietitian in your area, visit www.dietitians.ca/find.

World Kidney Day

March 14th was World Kidney Day and we were honoured to have Jack Craig, a dialysis patient, and Erika Muscat from The Kidney Foundation of Canada, Windsor & District Chapter, visit our Ouellette campus to educate staff and visitors about the importance of maintaining good kidney health.

Learn more at www.kidney.ca/WindsorEssex.



INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Kaitlyn Desjardins
REGISTERED NURSE
INTENSIVE CARE UNIT



Courtney Affleck
REGISTERED NURSE
CLINICAL TEACHING UNIT



Holly Foster
REGISTERED NURSE
INTENSIVE CARE UNIT



Justine Bergen
REGISTERED NURSE
ORTHOPEDIC SURGERY

Generosity received as a result of International Women's Day

Thanks to the Ciociaro Club International Women's Day Committee and the Ciociaro Club itself, a gift of \$20,000 was donated to the Windsor Regional Hospital Foundation during their annual dinner event held March 8th.

The Ciociaro Club International Women's Day have been donating to the WRH Breast Health Centre for over 10 years, gifting up to \$150,000 toward the program. This year's event included a fashion show of new spring collections from J. Michaels, Nygard, Jacobs and Bella Bridal.

Patty Handysides of AM 800 News exceed the festivities recognizing vendors, Pearla's Fashions, Little Red Door Gift Shop, Park Lane Jewellery and Blings and Things. Sponsors included Biz X, Trillium Contracting Inc., WFS Industry's Supply Partner, Essex Printing, Eagle Mechanical Group Inc., Sound Traxx D.J. and Media Duo.



Photo (above): The Ciociaro Club International Women's Day Committee; Anna Vitti, Anna Voza, Ilde Mariani, Rita Petrilli and Cristina Maceroni presenting a cheque for \$20,000 to Ron Foster, Executive Director, Windsor Regional Hospital Foundation.

Earth Hour

This Saturday, March 30 at 8:30 pm will mark the 11th annual "Earth Hour".

As Canadians, we choose a future where climate change is no longer a threat. Participating in World Wildlife Federation's Earth Hour is a simple way to show that you want to be a part of the solution and it sends a powerful message that together we can make a difference.

Canada will be encouraging participants to turn off their lights for an hour and to share their participation on social media using the hashtag [#uneheurepourlaterre](https://www.instagram.com/uneheurepourlaterre). We would like Windsor Regional Hospital to part of this movement as well!

We are asking that staff turn off any **non-essential** lights, computers and other electrical equipment at 8:30 pm (20:30 hrs) on Saturday and leave it off for at least one hour.

If you are not scheduled to be at work on Saturday, we encourage you to turn off your lights, computers and non-essential electronic equipment before you leave on Friday and participate in earth hour from home!

Did you know?

- Windsor Regional Hospital has set a goal to build a new state-of-the-art hospital that will be LEED certified to gold or platinum standards.
- Security at Windsor Regional Hospital regularly turns off non-essential lighting during their patrols through the hospital. While they will continue to do this as part of their regular practice this Saturday, give them a hand and turn off any non-essential lights when you leave a room this weekend.
- Turning off or unplugging non-essential electronics like printers, computers, monitors, microwaves, coffee machines and pencil sharpeners when not in use for long periods can save 5% of your electricity consumption.
- Windsor Regional Hospital strives to make improvements to our energy consumption through all construction projects, including the replacement of lighting in the Lab at the Met Campus and the Bell Building/Nephrology renovations at Ouellette – changing out these light bulbs to high efficiency LED lights will consume 75% less power than traditional lighting.
- WRH promotes the use of transit by staff, physicians and volunteers through a partnership with Transit Windsor, which provides discounted prices for monthly bus passes. So far only 10 individuals have registered! Please visit www.wrhone.ca/BusPasses to sign up!

Together, we can raise awareness of climate change and reduce our own energy consumption.

Visit <https://www.earthhour.org/country/canada> to register your participation, for more information and for some fun ideas on how to spend **Earth Hour**.



CRAFT SHOW FUNDRAISER

Proceeds to benefit Perinatal Loss and Bereavement at Windsor Regional Hospital (Met Campus).

Sunday April 7 | 10:00am-3:00pm
Kingsville Arena 1741 Jasperson Dr, Kingsville



This event is free to attend and will have 30 vendors, food for purchase, a silent auction, and children's activities and entertainment. We will be accepting donations.

For more information please email rubyswingsfundraiser@gmail.com or find us on

THANK YOU TO OUR SPONSORS



LUNCH AND LEARN

CHALLENGING THE MYTH - CONSENT AND CAPACITY

April 3, 12-1pm
Auditorium Side A (Met)
video conferenced to
Windsor Room (Ouellette)

RSVP: Maria Distefano x 37617
Lunch will be provided



Dr. Wally Liang

Presented by: The Patient Experience Task Force and The Ethics Committee

National Ethics Week April 1-7, 2019



#RECIPEOFTHEWEEK

Avocado & Crab Remoulade Sandwich

Makes 4 servings.
Preparation: 10-15 min



INGREDIENTS

- 2 cups of guacamole
- 8 slices of French bread
- 1 cup of radishes, julienned
- 1 cup of celery, diced
- 2 cups of crabmeat, minced
(optional: Crab and Pollock mix)
- ¼ cup of mayonnaise
- Salt and pepper to taste

DIRECTIONS

Mix the radishes, celery, crabmeat and mayonnaise. Add salt and pepper to taste. Spread the guacamole evenly on 4 bread slices, as well as the crab remoulade on the 4 other slices.

Assemble the sandwiches and enjoy.

NUTRIENTS Per Serving

Calories: 582; Protein: 22.3g; Total Fat:32.5g;
Carbohydrates 55.1g; Sugar 4.2g; Fibre 11.7g;
Sodium 1082mg

TIPS FOR PURCHASING SCENT SENSITIVE PRODUCTS

OBLIGATION: We must work together to ensure a safe workplace. All efforts must be made to reduce the risk of illness as it relates to scent sensitivities.

CONSIDER: While you may not have a scent sensitivity yourself, your co-worker might. Use shampoo, conditioner, body wash, body lotions, bar soap, shaving cream, aftershave and sunscreen that are unscented or made for sensitive skin .

SELECT: Common, affordable brands such as Dove, Aveeno, Nivea, Burt's Bees, Equate, Olay, Neutrogena. Choose anything that is oatmeal, shea butter/vitamin E based.

AVOID: Body sprays, colognes, perfumes and any other additional scent use just before or during work hours.

DETERGENTS: Avoid floral or heavily scented products. Use original or fragrance-free selections of laundry soaps. Products for 'sensitive skin' are good options.

FABRIC SOFTENER: Avoid products such as Unstoppables, Gain, lavender or heavy floral based liquid softeners. Avoid dryer sheets. Liquid fabric softeners are rinsed and hold less scent in the fibers.

PURCHASE: Products for sensitive skin, or that is delicate/hypoallergenic. Scents such as linen or mountain air are lighter than floral/lavender. Wool dryer balls are a great option.

LET'S CLEAR
THE AIR WE
SHARE