



# FRONTLINE MAY 28, 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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## WE Care Pharmacy - First Fill Program

The We Care Pharmacy, at Windsor Regional Hospital, is offering a new service that allows patients to get their prescriptions filled, meet with a pharmacist, and ask any questions about their medications before they are discharged.

Through the First Fill Program, pharmacists now bring patients their discharge prescriptions directly to their bedside before they leave the hospital. The goal is to eliminate the inconvenience for patients and their families of having to stop off at a pharmacy on their way home. Now, patients can go directly home and focus on having a strong and fast recovery, with no issues. Patients who use the First Fill service will also avoid any problems that may occur at community pharmacies such as, long wait times, improper paper work, and/or not being able to fill the prescription. David Sinewitz, Business Manager at We Care Pharmacy, says "This really is a great service that we are offering. Our We Care Pharmacy Staff have gone above and beyond to make it work and are always coming to me with ideas to make it work even better. In the end, it's the patient who benefits: they get the correct medication at the proper dose and get to ask our pharmacists questions before leaving the hospital for home."



Photo: Thanks to the First Fill Program, pharmacists now deliver patients their discharge prescriptions directly to their bedside before they leave the hospital.

The We Care Pharmacy (the outpatient pharmacy operated and owned by Windsor Regional Hospital) initiated this service on the 4th floor at the Ouellette Campus as a pilot project last year. Since then, the First Fill program has received a very positive outcome from patient participation. Dawn, a Pharmacy Technician at the We Care Pharmacy, says "the ultimate goal is to expand First Fill throughout the hospital and make it available for all patients."

Nurses introduce the program to patients when they are admitted into the hospital, and with patient consent, the pharmacist fills their prescriptions and personally delivers the discharge medication to the patient's bedside. The pharmacist also provides counselling on how and when to take the medication and any potential side effects. All before they leave the hospital!

The pharmacists from We Care Pharmacy also work with the patient's community pharmacy to ensure they receive the correct drug plan and insurance information, transfer any remaining refills back to them, and communicate changes in drug therapy. The pharmacy staff at We Care Pharmacy even follows up with patients by phone to ensure their experience was problem-free.

If you or one of your family members has been admitted into the hospital, be sure to ask your nurse about the First Fill program to improve your experience here at Windsor Regional Hospital.

## 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

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



# UPCOMING EVENTS

**JUNE 9, 2019**

**Corvette Club Car Show**

Dieppe Park, Riverside Drive, Windsor

**JUNE 11**

**Indigenous Health Expo**

WRH - Met Campus

**JUNE 12**

**Indigenous Health Expo**

WRH - Ouellette Campus

**JUNE 14, 2019**

**TRANSFORM Golf Tournament**

Link of Kent Golf Course  
120 Indian Creek Rd W, Chatham

**JUNE 19, 2019**

**Funkenhauser Family - A Day For A Life Golf Tournament**

Kingsville Golf & Country Club  
640 County Road 20, Kingsville

**JUNE 20, 2019**

**Brain Injury Association Workshop**

Hôtel-Dieu Grace Healthcare  
1453 Prince Road, Windsor

**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 Drive East, Windsor

**SEPTEMBER 13, 2019**

**Cancer Education Days**

Ciociaro Club, Salon A  
3745 North Talbot Road, Windsor



A City of Windsor bylaw requires property owners to open their pools by a certain time each year, otherwise face a fine of \$260. Standing water becoming a breeding ground for mosquitoes if a pool is kept closed, increasing the risk of spread of West Nile Virus.

## RENEW Exercise Program – Program Expansion

Originally launched in 2015, the RENEW exercise program began with yoga and exercise and was solely an exercise program held twice a year at one facility. This meant patients only had two opportunities at one geographic location to participate in an exercise program with fellow patients.

In early 2019, the program was expanded to include partnerships with eight fitness facilities across Windsor-Essex, Sarnia Lambton and Chatham-Kent. This expansion is now allowing patients greater access to fitness across the region. This means patients can attend classes staggered throughout the year, at various times during the day, and in locations closer to their homes.

This flexibility is key in allowing patients to access fitness opportunities throughout their treatment journey. For the first 10-week session, patients pay only \$40 thanks to the generous support of hospital foundations including the Windsor Cancer Centre Foundation who supports patients in Windsor-Essex.

Cancer Care Ontario recommends that people living with cancer can safely engage in moderate amounts of exercise while on active treatment or post completion of treatment, consistent with guidelines from the Canadian Society of Exercise Physiology and the American College of Sports Medicine.

Patients who have completed the program reiterate its immense benefits which include increased strength, stamina, and the support found in the comradery of fellow patients.

"It is challenging, invigorating and very rewarding. A fantastic workout variety and awesome instructor. Our strength and endurance improves weekly," said Denise Brode after participating in a RENEW fitness class.

Additional studies have found that referrals for exercise through health professionals motivates patients to start exercising. These classes would not be possible without the support of our health teams. We rely on the recommendations from our physicians, nurses, clerks, social workers and dietitians to encourage patients to register and take part in the RENEW program.

The first cycle of RENEW for the 2019 year saw 4 facilities hosting 4-10 participants per facility. The next cycles will begin in June and July.

If you are interested in learning more about the RENEW program, please go to [www.wrh.on.ca/RENEW](http://www.wrh.on.ca/RENEW) or call ext. 58733. Informational posters and postcards are also available for distribution by calling extension 58733.



## INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



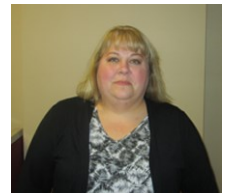
**Chanrathana Leng**  
REGISTERED  
NURSE  
TELEMETRY



**Erica Costello**  
REHAB ASSISTANT  
AMBULATION  
PROGRAM



**Rita Eid**  
PHYSIOTHERAPIST  
PHYSIOTHERAPY



**Heather Philips**  
BENEFIT/PENSION  
REPRESENTATIVE  
HUMAN RESOURCES



Ved Uppal



Lets 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](mailto:renee.hopes@wrh.on.ca) to sign up to help.

# INDIGENOUS HEALTH EXPO

All healthcare professionals:  
Come learn about Indigenous Solidarity Day and the many culturally specific services available to the Indigenous community.

June 11: Met Campus - First Floor Lobby

June 12: Ouellette Campus - Goyeau Lobby Mezzanine

- Both days from 9:30am-2:00pm -

The Bear is a uniform symbol for healing for Indigenous people.



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



SUNDAY, June 9th, 2019  
The Corvette Club of Windsor - Annual Waterfront Corvette Show (8:00am - 3:00pm)  
78 Riverside Dr W, Windsor, Ontario N9A 0A3



We will be at our original location at the Detroit River on the grass at Dieppe Park (Across the river from the GM Headquarters Building)

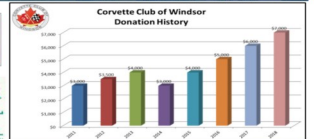


Awards for all classes

Kids class for Power Wheel Corvettes (Free Entry)

Goodie Bags for the first 150 cars.

Further info: [www.corvetteclubofwindsor.com](http://www.corvetteclubofwindsor.com)  
Dan Reaume: (519) 819-3425  
Gary J. McGuinness: (519) 250-3112  
[events@corvetteclubofwindsor.com](mailto:events@corvetteclubofwindsor.com)



To benefit the Windsor Regional Hospital - Pediatric Oncology Satellite Unit. Since 2011 we have donated over \$35,000.00. Thank you to our sponsors, attendees and members.



Rain or Shine

- 8:00 AM Registration Opens
- 8:00 AM Vendors Open
- 11:00 AM Registration Closes
- 3:00 PM Awards & Presentations

Registration forms available on our website now or at the registration desk, day of show. Register at the show for \$30.00. Register by May 25th and receive your show shirt for free.



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



# VENDORS ON DISPLAY THIS WEEK!

Met Campus:

Edgukids; Just Jewellery; Barbs HealthCare; Silver 'n Such; HML Fashion; Adrian's Kids; SLM Exchange

Ouellette Campus:

Magnolia & Vine; Amy's Helping Hands

Please note: Vendors subject to change.

# CHARITY PASTA NIGHT

Campers Cove Campground - Activity Shelter  
21097 Campers Cove Road, Wheatley, Ontario

**SATURDAY, JUNE 8, 2019**

5:00pm - 7:00pm

**\$15.00** per person

Dinner includes Pasta, Salad, Roll & Cookie

(while quantities last, call in advance at 519-825-4732 to check on availability)



100% of the proceeds will be donated to the We Care Cookie, Oncology Program at Windsor Regional Hospital.

Food provided by:



In honour of Geoff Gerrish



For more information call 519-825-4732. To donate visit [wrh.on.ca/donatenow](http://wrh.on.ca/donatenow) and indicate "In Honour of Geoff Gerrish"

# #RECIPEOFTHEWEEK

## Fresh Cherry Tomato Tabbouleh

Makes 8 servings. Cook Time: 35 min



### INGREDIENTS

- 1-1/2 cups medium bulgur, rinsed
- 4 cups curly parsley, finely chopped
- 3 cups mint leaves, finely chopped
- 3 cups cherry tomatoes halved
- 1 English cucumber, seeded and finely chopped
- 2 shallots, finely chopped
- 1/3 cup lemon juice
- 1/3 cup extra-virgin olive oil
- 3/4 teaspoons salt
- 1/2 teaspoon pepper

### DIRECTIONS

In saucepan, bring bulgur and 2 1/4 cups water to boil over medium-high heat. Reduce heat to medium-low; cover and simmer until bulgur is tender and water is absorbed, about 12 minutes. Remove from heat; let stand, covered, for 10 minutes. Fluff with fork. Spread evenly on baking sheet; let cool completely. Meanwhile, in large bowl, combine parsley, mint, tomatoes and cucumber. In small bowl, stir together shallots, lemon juice, oil, salt and pepper; add to herb mixture, tossing to coat. Add bulgur; stir to combine.

### NUTRIENTS Per Serving:

Calories: 166; Protein: 4g; Total Fat: 8g; Carbohydrates 23g; Sugar 2g; Fibre 4g; Sodium 185mg

## SAIL INTO SUMMER SATURDAY, JUNE 22, 2019



Windsor Regional Hospital will host a fundraising dinner at the Windsor Yacht Club (WYC) to raise much needed funds for a new 3D Diagnostic Mammography Machine to detect Breast Cancer earlier and more accurately.

Tickets are \$100.00 per person or reserved tables of 10 for \$1,000 which includes dinner with wine, entertainment and a silent auction. This is a very worthy cause and we can all make a difference to accomplish this goal!

For tickets please contact the Windsor Regional Hospital Foundation by email at [wrhfoundation@wrh.on.ca](mailto:wrhfoundation@wrh.on.ca), by phone 519-985-2656.

Cocktails: 6:00 pm / Dinner: 7:00 pm



*Carol Parent*

Chairperson, Sail Into Summer Event  
Hospital Retiree, Volunteer and  
Chair of the WRH Family Giving Campaign



## PHARMACY SERVICES WINDSOR REGIONAL HOSPITAL

WeCare Pharmacy & WRH Cancer Centre Pharmacy are full service pharmacies operating at the Ouellette Campus and Met Campus of Windsor Regional Hospital and provide outstanding service to hospital patients, employees, volunteers, professional staff and our community.

### WeCare Pharmacy (Ouellette Campus)

1030 Ouellette Avenue, Windsor, ON  
Monday to Friday / 9:00am - 5:00pm  
Phone: 519-255-2181 Fax: 519-255-2182

### WRH Cancer Centre Pharmacy (Met Campus)

2220 Kildare Road, Windsor, ON  
Monday to Friday / 8:30am - 4:30pm  
Phone: 519-254-5577 ext. 52529 Fax: 519-255-8672

100% owned and operated by Windsor Regional Hospital

[www.wrh.on.ca](http://www.wrh.on.ca) / [www.facebook.com/windsorregionalhospital](https://www.facebook.com/windsorregionalhospital)