



# FRONTLINE NOVEMBER 19, 2019 TRIBUNE



COMPASSION is our  
PASSION

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The FRONTLINE TRIBUNE is a publication of the Public Affairs and Communications Office of Windsor Regional Hospital

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## Never In A Million Years

Karen McKeown is a life-long Windsor resident, currently living the past four years with Stage IV Metastatic Melanoma in her brain, lungs, and left adrenal gland.

Karen credits the dedicated care she received at Windsor Regional Hospital with keeping her alive. And she's experienced first-hand how important updated, high-tech equipment is in fighting cancer like hers.

That's why Karen has decided to share her story with the goal of raising money for the Windsor Regional Hospital Foundation. Karen hopes you will join her and take this opportunity to share your story as well.

Karen is working hard on creating an online legacy book called "Never in a Million Years: A Compilation of Stories from People Living with Life-Altering Diagnoses." Karen says "I think once you are diagnosed with one of these diseases you think 'never in a million years did I think this would be me.'"

Sales of the online book will all directly go towards a piece of equipment Karen is passionate about supporting - the new CT Scan that the hospital recently acquired.

"When I originally went for my CT Scan they had an old machine. When I walked into the room about a month ago, I immediately noticed the CT Scan was new. This one is three times as effective. If you're well, you don't think about health needs. When you're ill, you realize that these new technologies are so necessary. You never know when you're going to need that type of diagnostic imaging. It helps doctors know what they're dealing with - and how to treat you."

For more information or to contribute to Karen's online legacy book, please visit [wrh.on.ca/neverinamillionyears](http://wrh.on.ca/neverinamillionyears)



CT Scan Machine



Karen McKeown

## 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

**THURSDAY, NOVEMBER 21, 2019**

**Potato Fest**

St. Clair Centre For The Arts  
201 Riverside Drive West, Windsor

**FRIDAY, NOVEMBER 22, 2019**

**Art Chamber**

The City Market  
1030 Walker Road, Windsor

**SUNDAY, DECEMBER 8, 2019**

**Christmas Craftmania**

Ciociaro Club  
3745 North Talbot Rd, Windsor

**FRIDAY, DECEMBER 13, 2019**

**Cancer Education Day**

Ciociaro Club  
3745 North Talbot Rd, Windsor

**WEDNESDAY, DECEMBER 25, 2019**

**Christmas Day**

**WEDNESDAY, JANUARY 1, 2019**

**New Year's Day**

**SATURDAY, FEBRUARY 1, 2020**

**In Honour Of The One We Love  
Dreams Do Come True Gala**

Ciociaro Club  
3745 North Talbot Road, Windsor

## DID YOU know?

Windsor Regional Hospital has many Employee promotional plans and are available online

For more information, visit [wrh.on.ca/EmployeePromotionPlans](http://wrh.on.ca/EmployeePromotionPlans)

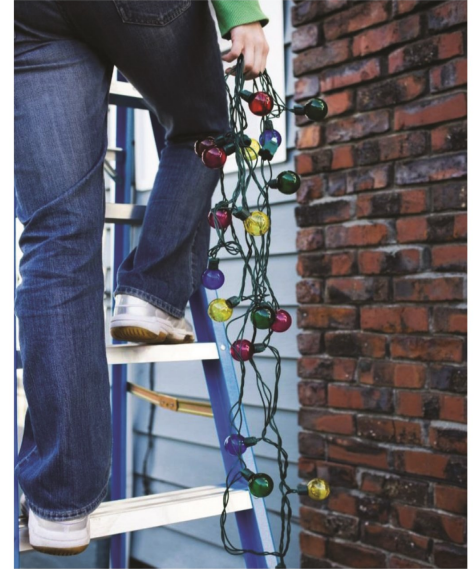
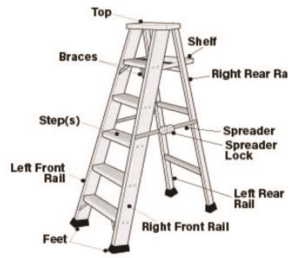


Measles was responsible for 110,000 deaths globally in 2017, even though vaccine coverage between 2000-2017 increased and prevented 21.2 million deaths. It is not a mild childhood illness!

## LADDER SAFETY

### IMPORTANT REMINDERS:

- Inspect for damage, wear, broken parts, grease/ice
- Place only on firm, level, non-slip surface (slip resistant feet)
- Ensure spreaders are locked



### SAFE WORK PRACTICES:

- Ensure area beneath is free of obstructions or clutter
- Wear clean, appropriate footwear
- Face the ladder - keep centered between the side rails
- Maintain three (3) points of contact at all times (hands/feet)
- Avoid over-reaching or leaning too far over top
- Never use top level as a step or seat and avoid using top two rungs
- Never place ladder on unstable surfaces or items such as boxes, pails, chairs, benches, stairs, planks, or other ladders
- Use a spotter/fall protection if higher than 3 metres (10 feet)

## VENDORS ON DISPLAY

**November 11 - 15, 2019**

Met Campus: Sweet Legs, Zesty Boutique, Ruellands Stuff 'n Bears, Funky Living, What's Poppin, Freak Parade, Umbi Fashion, G&D Jewellery, Just Jewellery, Silver 'n Such

Ouellette Campus: Unique Books, Magnolia & Vine, Funky Living, Lifetimes on Riverside, A touch of Swede

*Please note: Vendors subject to change.*

## INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



**Jessica Hebert**  
MIDWIFE  
OBSTETRICS &  
GYNECOLOGY



**Kaitlyn Stewart**  
EYE CLINIC  
VOLUNTEER  
SERVICES



**Richard Baker**  
MAINTENANCE  
MECHANIC  
FACILITIES



**Kristin Plantus**  
REGISTERED  
NURSE  
MEDICINE

## Christmas Tree Decorating at WRH

Windsor Regional Hospital staff volunteered their time this year to help decorate Christmas trees that are placed in the lobby of the Met and Ouellette campuses as well as the Cancer Centre.

Thank you to everyone who help make WRH festive for the holiday season.



Ouellette Campus (from left): Pat Strong, Sheri McLeod, Payton Strong, Dawn Sutherland and Heather Hillman.



Met Campus (from left): Brittany Danelon, Delia Farrah and Stephanie Harcus.



Cancer Centre (from left): Lianna Braham, Brooke Meloche, Tom Davis, Nina Mastrogiacomio and Janet Davis

REGISTER NOW!



# FRIDAY THE 13TH

BREAST CANCER + PATIENT WELLNESS

CANCER EDUCATION DAYS

FRIDAY, DECEMBER 13, 2019  
7:30 AM - 2:30 PM

CIOCIARO CLUB (SALON A), WINDSOR, ON

VIA WEBCAST: BLUEWATER HEALTH (ESSEX ROOM) - CHATHAM-KENT HEALTH ALLIANCE (SYDENHAM ROOM)  
NORTH LAMBTON CHC - CHATHAM-KENT CHC - WALLACEBURG SITE

TARGET AUDIENCE: PRIMARY CARE PROVIDERS, ONCOLOGISTS, RNs, RPNs, RADIATION THERAPISTS, MEDICAL LEARNERS, AND OTHER ALLIED HEALTH PROFESSIONALS

REGISTRATION FEE: \$25 (COVERS BREAKFAST & LUNCH)

REGISTER AND PAY ONLINE BEFORE NOVEMBER 29, 2019:

[WWW.WRHCANCEREDUCATIONDAY.CA](http://WWW.WRHCANCEREDUCATIONDAY.CA)

QUESTIONS? CONTACT ELENA ZIRIADA AT 519-254-5577 EXT. 58502 OR [ELENA.ZIRIADA@WRH.ON.CA](mailto:ELENA.ZIRIADA@WRH.ON.CA)

## IN HONOUR OF THE ONES WE LOVE

Sponsored by: Motor City community credit union



PRESENTS THE 9TH ANNUAL

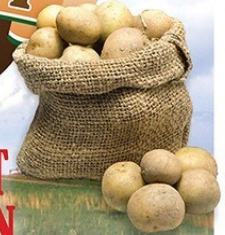
# POTATO FEST

THURSDAY NOVEMBER 21ST, 2019  
11AM TO 2PM

ST. CLAIR COLLEGE OF APPLIED ARTS  
201 RIVERSIDE DRIVE WEST

POTATO SOUP

ALL YOU CAN EAT  
\$12 PER PERSON



Title Sponsor

### POTATO MARTINIS

Choice of Yukon Gold Whipped or Carrot and Leek smashed with Crisp Fried Onion, Cheddar Cheese, Blue Cheese, Sour Cream, Whipped Butter

### BAKED POTATO BAR

Oven Baked Russet Potatoes, Whipped Butter, Fresh Chives, Bacon Bits, Cheddar Cheese, Sour Cream, Sauteed Button Mushrooms

### FRESH CUT FRIES

Chili, Cheese, Sauce, Green Onion, Black Olives, Sour Cream, Cheese Curds, Gravy

### SALAD BAR

Baby Potato Salad with Sour Cream and Chive, Nicose with Tuna, French Beans and Olives, Warm Potato Salad with Dijon Vinaigrette



For tickets call 519-816-2857 or Email [tina@inhonour.ca](mailto:tina@inhonour.ca)

Proceeds to benefit Maryvale

Bring in a box of cereal for our RCC breakfast program and receive a free coffee sponsored by Tim Hortons.





# Christmas Craftmania!

## Children's Holiday Party

**Sunday, December 8, 2019**  
**Ciociaro Club - Salon A/B**

**Doors open at 11:00**

**Lunch served promptly at 12:00**

**Santa arrives at 1:00**

**Get a picture with SANTA!!!**

While his helpers hand out gifts from one of  
 Santa's workshops

**Tickets: \$15 per Adult and \$20 per child**

Tickets can be purchased in Human Resources at  
 Met (ext 52330) and Ouellette (ext 33023)  
Advance Sales Only

**Deadline to purchase tickets:**  
**Nov 29, 2019**

*Party is open to staff members' children and grandchildren ages 0-10yrs*

*Gifts will be given out by age - youngest to oldest - sorry, no exceptions*



**1030 Walker Rd**  
**519 965-7290**

Presents:

**THE RON VERMEIREN & FRIENDS CHRISTMAS ART SHOW**  
**SUPPORTING THE WINDSOR REGIONAL HOSPITAL FOUNDATION**

**FRIDAY, NOVEMBER 22 – 6:00PM UNTIL 9:00PM – V.I.P. EVENT**

- ARTIST RON VERMEIREN TO LEAD THE FESTIVITIES WITH A RIBBON CUTTING AND A TOAST
- "MAKE YOUR MARK" COLLABORATIVE PAINTING and CHRISTMAS TREE DECORATING

**SATURDAY, NOVEMBER 23 – 9:00AM UNTIL 5:00PM**

**SUNDAY, NOVEMBER 24 – 10:00AM UNTIL 4:00PM**



**"PLUS"**

SANTA and MRS. CLAUS will be available all day SATURDAY AND SUNDAY for picture taking.

Use your own cell phone or camera to take pictures with Santa.  
 Cost is \$7.50 / person to participate

A PORTION OF THE PROCEEDS TO SUPPORT THE WINDSOR REGIONAL HOSPITAL FOUNDATION

**OPEN TO THE COMMUNITY – ALL ARE WELCOME**

# RECIPE OF THE WEEK

## Turkey & Sage Ricotta Cannelloni

**Makes 6 servings**

**Prep Time: 25 min / Total Time: 1 hr**

### INGREDIENTS

- 1 tbsp olive oil
- 2 cloves of garlic, minced
- 2 cups chopped cooked turkey
- 3 tbsp unsalted butter
- 1/2 tsp nutmeg
- 3/4 cups grated Parmesan cheese, divided
- 4 slices bacon, cooked and crumbled
- 5 ready-to-cook fresh lasagna sheets, halved lengthwise
- 1 cup shredded mozzarella cheese, divided
- 1 cup chopped onion
- 1 tbsp chopped fresh sage
- 1 cup ricotta cheese
- 3 tbsp all-purpose flour
- 2 cups homogenized milk

### DIRECTIONS

In saucepan, heat oil over medium heat; cook onion until tender, about 3 minutes. Add garlic and sage; cook for 2 minutes. Let cool. Transfer to bowl; mix in turkey, ricotta, 1/4 cup Parmesan, and bacon. On work surface, divide turkey mixture among lasagna sheets; roll up to make cannelloni. Set aside. Place butter in microwave-safe bowl; microwave until melted, 20 to 30 seconds. Whisk in flour and nutmeg; slowly pour in milk, whisking constantly. Microwave for 3 minutes, whisking every minute. Mix in 1/4 cup Parmesan and half of the mozzarella. Preheat oven to 375°F. Spread 1/4 cup of the béchamel sauce over bottom of 11- x 7-inch baking dish. Arrange cannelloni over top; spoon remaining sauce over top. Sprinkle remaining Parmesan and mozzarella over top. Bake until filling is hot and cheese is browned, about 25 minutes.

### NUTRIENTS Per Serving

Calories: 425, Total fat: 25g, Saturated fat: 13g, Cholesterol: 95mg  
 Sodium: 495mg, Total carbohydrate: 27g, Fibre: 1g, Sugars: 5g,  
 Protein: 23 g



## GET YOUR FREE FLU SHOT AND GET \$2 TIM HORTON GIFT CARD

In addition to our current schedule, Health office will also be offering an early morning flu clinic in the following areas:

### Met Campus – Vendor Hallway

Wednesday, November 20, 2019; 6am to 9am

### Ouellette Campus – Vendor Hallway

Thursday, November 21, 2019; 6am to 9am

As a reminder...WRH Pharmacy continues to offer the seasonal influenza vaccine as follows:

### We Care Pharmacy – Ouellette Campus

Monday to Friday: 9am to 5pm

### Cancer Centre Pharmacy – Met Campus

Monday to Friday: 8:30am to 4:30pm