



FRONTLINE NOVEMBER 26, 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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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

Get your Tickets for the WRH Mega 50/50 Draw (Winner receives 50% plus \$25,000)

Windsor Regional Hospital Foundation is launching a new and exciting online raffle. The raffle will help raise funds to purchase a new 3D Digital Mammography Machine that will improve breast screening accuracy, reduce false positive tests, and provide earlier detection of breast cancer because our staff and patients demand that we not only reach the standard level of care but exceed it!

We are beyond excited to launch this program that will bring excitement to our community as well as help raise valuable funds," says John Comisso, President, Windsor Regional Hospital Foundation. "We are pleased to partner with the Ascend team to make this campaign a reality!"

The online raffle launches this week with a chance to win 50% of the pot PLUS \$25,000!!!! Purchase your ticket online at wrh5050.ca. Staff, visitors, and patients are encouraged to visit raffle sellers who will be located in the lobbies at both campuses at various times in the next 30 days. Also, keep coming back to wrh5050.ca to watch the prize grow and be a part of something spectacular! The pot is up to \$27,200 as of Tuesday!

Spread the word and let all of your friends and family know they need to purchase a ticket now to join in on all of the excitement. The winner will be drawn at 1:00pm on December 20th, 2019 at the Met Campus.



WINDSOR REGIONAL HOSPITAL FOUNDATION

MEGA DRAW to support new 3D Digital Mammography at Windsor Regional Hospital!

Guaranteed Minimum Prize \$25,000

5 tickets for \$10 • 40 tickets for \$25 • 99 tickets for \$50

To purchase your tickets or more information, please visit wrh5050.ca

Draw: December 20, 2019 at 1:00pm

Welcome Accreditation Canada Surveyors!

Accreditation Canada surveyors have arrived at WRH this week (November 25-29) to conduct their on-site accreditation survey. The Accreditation process allows organizations to evaluate and improve the quality of their services. Please welcome our surveyors if you see them!



If you are looking for more information on the Accreditation process, you can access all of the newsletters, ROPs, FAQs and other information by clicking on the Accreditation 2019 button on the home page of our WRH intranet.

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



UPCOMING EVENTS

NOVEMBER 28 - 30, 2019

Windsor Goodfellows Holiday Drive
Met Campus / Ouellette Campus

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

FRIDAY, DECEMBER 20, 2019

WRH 50/50 Raffle Draw
Met Campus, 1995 Lens Avenue, 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?**

**KRONOS (Cronus) was the
King of the Titanes and the
god of time in Greek
mythology.**



The CDC released the 2019 Antibiotic Resistance Threats Report last week, which notes an estimated 2.8 million antibiotic resistant infections and 35,000 resulting deaths in the US each year.

Windsor Goodfellows Coming to WRH

Please be generous and buy a newspaper and help spread the good news about the Windsor Goodfellows when they come to our campuses this week!

The Goodfellows annual holiday newspaper sales campaign will bring them to the Met Campus and the Ouellette Campus on the following dates and times:

- Thursday, November 28, 6:30 am to 6 pm
- Friday, November 29, 6:30 am to 6 pm
- Saturday, November 30, 7 am to Noon

Please consider a donation to the Goodfellows volunteers when you see them in the front lobby of either campus! From providing Christmas meals and gifts to their weekly food bank, school breakfast programs to supplying children with shoes and boots, donations to Windsor Goodfellows helps thousands of families in need every year. It all goes back to their original mission over a century ago: to help those that cannot help themselves.

Goodfellows is also still seeking volunteers to help with their holiday newspaper sales drive! Those interested can directly contact Ken Dafoe at mdafoe3@cogeco.ca or by phone at 519-948-4317.

For more information on Windsor Goodfellows, go to www.windsorgoodfellows.org.



VENDORS ON DISPLAY

November 25 - 29, 2019

Met Campus: Unique Books, Freak Parade, Silver 'n Such, Tote 'n Tutu, Qualicare, Alice & Betty Designs, G & D Jewellery, Adrian's Kids, Crystal Clear Jewellery, Elaine Thornton Christmas Wreaths

Ouellette Campus: Accessorize it, SweetLegs, Funky Living, What's Poppin, 7byRaz

Please note: Vendors subject to change.

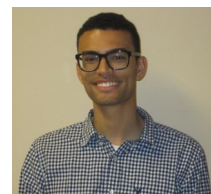
INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Dr. Omar Zghal
PHYSICIAN
MEDICINE
PROGRAM



Olivia Pare
REGISTERED
NURSE
FAMILY BIRTHING



Joshua Grayer
REGISTERED
NURSE
MEDICINE



Jacob Stasso
EMERGENCY
VOLUNTEER
SERVICES

Downtown Mission Food Drive A Success!

Thank you to the many individuals across our two campuses and cancer centre for your generous donations to help re-stock The Downtown Mission's depleted shelves with food.

Nearly 1,000 items were collected at three locations across our organization and speaks to the incredible generosity of our Windsor Regional Hospital team!

Stay tuned for the next food drive we will be launching to support area food banks through the CBC's "Sounds of the Season" campaign starting early in December!



WRH Generosity: Celebrating Our Efforts To Support Our Community

The holiday season is upon us and is a wonderful time to give back to the community we serve!

If you as an individual or as part of a team here at Windsor Regional Hospital are planning a giving campaign for the holidays in support of a local organization, please let us know so we can show how we demonstrate Compassion for Community and most importantly, encourage others to support community endeavours!

Please take a minute to tell us what your team members will be up to this season by emailing Steve Erwin at steve.erwin@wrh.on.ca.



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

QUESTIONS? CONTACT ELENA ZIRIADA AT 519-254-5517 EXT. 58502 OR ELENA.ZIRIADA@WRH.ON.CA



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



Attention Patients, Families, and Visitors

Monday, November 25th to Friday, November 29th, 2019, Windsor Regional Hospital will be participating in an on-site survey as part of our four-year accreditation process.

During this time, four Accreditation Canada surveyors will be on-site. They will be touring the units and departments, talking with staff and physicians, and observing our services and the care we provide.

They may also ask to speak, with your permission, to patients, families, and visitors. These surveyors will be wearing identification badges and are required to keep any information related to patients and families confidential.

Thank-you in advance for your participation. We look forward to a successful accreditation experience.

One more opportunity to support our vision:
Outstanding Care – No Exceptions!



RECIPE OF THE WEEK

Instant Pot Beef Stew

Makes 6 servings.
Total Time: 45 min

INGREDIENTS

- 450 g stewing beef, cubed
- 1/2 tsp pepper
- 2 tbsp canola oil, divided
- 3 tablespoons tomato paste
- 1-1/2 cup frozen peas
- 4 carrots, cut in 1-inch chunks
- 2 yellow-fleshed potatoes, cut in 1-inch chunks
- 4 tsp Worcestershire sauce
- 1 tsp salt, divided
- 3 tbsp all-purpose flour
- 1 onion, diced
- 1 bay leaf
- 1/2 tsp dried thyme
- 1-3/4 cup beef broth

DIRECTIONS:

Pat beef dry; place in bowl. Sprinkle with 1/2 tsp of the salt and pepper; toss to coat. Add flour, tossing to coat. Press Sauté and set to More on 6- to 8-quart Instant Pot. Add 1 tbsp of the oil to pot. Brown half of the beef, stirring, for 3 minutes; transfer to bowl. Add remaining 1 tbsp oil to pot; repeat with remaining beef. Add onion; cook, stirring occasionally, until softened, 3 to 4 minutes. Stir in tomato paste and remaining 1/2 tsp salt; cook, stirring frequently, for 1 minute. Add broth, stirring and scraping up browned bits. Return beef and any juices to pot. Add carrots, potatoes, Worcestershire sauce, bay leaf and thyme. Lock lid; close Pressure Release Valve. Press Manual Pressure Cook; set to high for 15 minutes (takes about 10 minutes to come to pressure). When cooking finishes, press cancel; open pressure release valve to release steam. Open lid and stir in peas.

NUTRIENTS Per Serving:

Calories: 285, Protein: 21g, Total Fat: 9g, Carbohydrates 33g, Sugar 7g, Fibre 5g, Sodium 779mg



ONE TEAM RECOVERY

REGISTRATION IS NOW OPEN
CALL 519.250.5524

STARTS NOVEMBER 19, 2019
8:30-12:30PM Tuesday's & Friday's
Windsor Family Health Team
2475 McDougall St., Suite 245

ROAD TO RECOVERY

WINDSOR

TEAM CARE CENTRE
Harm Reduction 5 week

OUTPATIENT SUBSTANCE ABUSE PROGRAM

PROMOTING PERSONAL WELLNESS THROUGH SELF-MANAGEMENT & RECOVERY TRAINING
serving Windsor & Essex County.



FOR MORE INFORMATION: WINDSOR TEAM CARE CENTRE: 519.250.5524



HOLIDAY SOCIAL TUESDAY, DECEMBER 10, 2019

ALL EMPLOYEES, PROFESSIONAL STAFF & VOLUNTEERS

Windsor Regional Hospital will be holding a **Holiday Social** with sandwiches, vegetables, dessert, coffee and tea in exchange for a small **\$2.00 donation**. Proceeds will benefit the Downtown Mission, which provides emergency shelter, a hot meal or other basic necessities.

SANDWICHES • VEGGIES & DIP • DESSERT • COFFEE/TEA

2PM - 4PM

MET CAMPUS
(Administration Conference Room #1)

OUELLETTE CAMPUS
(Essex Room)

BELL BUILDING, WFCU & LEAMINGTON (special delivery times)

11PM - 1AM

MET CAMPUS
(Lobby Level)

OUELLETTE CAMPUS
(Mezzanine)