



FRONTLINE NOVEMBER 10, 2019 TRIBUNE



COMPASSION is our
PASSION

VOLUME 7 / EDITION 37



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

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Remembrance Day

On November 11th, Canadians all across the country will stop and pay tribute to the men and women killed in Canada's wars and military operations. Some will remember friends and relatives that have been lost.

For millions of Canadians the poppy has long been the flower of Remembrance. It originally was a reminder of the blood-red flower which grew in the fields where many Canadians died in a place called Flanders. It remains the flower of Remembrance.

In Flanders Fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch: be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



WRH Staff: A reminder that there will be a moment of silence at 11:00 am on Monday, November 11th, 2019 at both campuses. Please take a moment, if possible, to remember those who have fought, and those who have died fighting for freedom.

Chief Progress Report (CPR)

From The Desk of Dr. Wassim Saad, Chief of Professional Staff

"Great vision without great people is irrelevant" – Jim Collins

I would like to start by thanking everyone for the feedback received after my first Chief Progress Report last month. I have been approached not only by physicians, but by front line staff, pharmacists, and allied health professionals who want to be involved in the quality framework discussed. I could tell that there was a genuine interest in this culture changing initiative and I have no doubt it will be successful with all the energy and enthusiasm expressed.

[READ MORE - Chief Progress Report: November, 2019 Edition](#)

If you have questions, comments or thoughts about the topic discussed this month or ideas for future newsletters, feel free to contact me anytime by e-mail wassim.saad@wrh.on.ca.

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

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



UPCOMING EVENTS

FRIDAY, NOVEMBER 15, 2019

Universal Children's Day

Adventure Bay
400 Pitt Street West, Windsor

THURSDAY, NOVEMBER 21, 2019

Potato Fest

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

Dreams Do Come True Gala

Ciociaro Club
3745 North Talbot Road, Windsor

**DID YOU
know?**

WRH employees can purchase City of Windsor Bus passes at a discounted rate and pay by Payroll Deduction?

For more information, visit
www.wrh.on.ca/BusPasses



If you are coughing, but you don't feel like you've been hit by a train, you probably do not have the flu.

Influenza is a serious illness worth preventing. Get your flu shot!

Helping Indigenous People Access Health Services

When Indigenous cancer patients visit the hospital, it can be a daunting experience.

"Many people in the community do not trust the healthcare system," says Audrey Logan, Indigenous Patient Navigator at WRH. "Then when they are here, they are already in a vulnerable state; they have obligations back home they are worried about and they have a difficult time expressing their cultural needs to those caring for them."

As a result, she says many in the community do not visit the doctor for routine screening and tests, and will refuse treatment when they are sick.

Logan is from the Delaware First Nation and supports patients at Windsor Regional Hospital and the Erie St. Clair Regional Cancer Program throughout their cancer journeys. She sees her role as an ambassador for the hospital and a liaison between WRH and Indigenous Communities. "My job is to get as many people access to the services we offer, by letting them know that they can trust us to care for them."

There are approximately 20,825 First Nation, Inuit, Metis and Urban Indigenous People in the Erie St. Clair Region.

When Logan first took on the role in 2013, she saw very few Indigenous patients and spent the early part of her time in the role going out into the communities and establishing relationships.

Logan says now that patient confidence has risen, so has the number of Indigenous patients. She is currently helping 71 patients who are receiving care.

ROLE OF THE INDIGENOUS PATIENT NAVIGATOR AT WRH

The Indigenous Patient Navigator role varies day to day and includes:

- Supporting patients with transportation;
- Attending appointments with patients, on and off site;
- Providing access to Traditional Knowledge Keepers;
- Connecting patients to necessary supports and services (prescriptions, housing, childcare, etc.); and
- Communicating with patients at discharge to ensure they understand next steps and services available to assist them (social services, community health services, etc.).

VENDORS ON DISPLAY

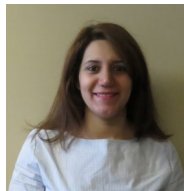
November 11 - 15, 2019

Met Campus: Sweets XS, Maxim Medical, Tote 'n Tutu, Brands 4 Less, Magnolia & Vine, Express Uniforms, Freak Parade, Monique's Boutique, What's Poppin

Ouellette Campus: Ruellands Stuff 'n Bears, Express Uniforms, Funky Living, Crystal Clear Jewellery

Please note: Vendors subject to change.

INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Rasha Georgie
OPERATING ROOM
VOLUNTEER
SERVICES



Dr. Andrew Swartz
PHYSICIAN
EMERGENCY
DEPARTMENT



Aaron Freytag
REGISTERED
NURSE
MEDICINE



Dr. Alexa Caturay
PHYSICIAN
FAMILY
MEDICINE

Take Your Kids To Work Day

An annual event hosted by the Human Resources Department of Windsor Regional Hospital is, 'Take Your Kid To Work Day', was held last week at the Met Campus. Grade 9 students qualified and parents of students who work at WRH were permitted to accompany their child on the tour.

After a welcome and overview of the hospital, students took part in social activities as a warm-up. Then they had the opportunity to tour departments throughout the day that included the Cancer Centre, Diagnostic imaging, Pharmacy, Laboratory, MDRD, Biomedical Engineering, Human Resources, Radiation, Operating Room, SOP, Mental Health and Family Birthing.

The interactive tour gave students a general overview on how a hospital operates within departments and the debriefing session provided students opportunities to ask questions related to their interest in a future healthcare career.



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 519-254-5577 EXT. 58502 OR ELENA.ZIRIADA@WRH.ON.CA



UNIVERSAL CHILDREN'S DAY

FRIDAY, NOV. 15TH



P.A. DAY FOR SCHOOLS

Park Hours
10am-8pm
Free Health Expo
9am-3pm

SPECIAL ADMISSION

\$10 - Adults
\$5 - Kids
(Ages 12 and under)

FREE HEALTH EXPO

Activities, info booths, and educational opportunities in the lobby (9am to 3pm), including parenting tips, activities for kids and more, all on the theme of children's health and wellbeing.

ADVENTUREBAY.CA

401 PITT ST. W. | 519-974-AQUA(2782)



IN HONOUR OF THE ONES WE LOVE



PRESENTS THE 9TH ANNUAL

POTATO FEST

THURSDAY NOVEMBER 21ST, 2019
11AM TO 2PM

ST. CLAIR COLLEGE OF APPLIED ARTS
201 RIVERSIDE DRIVE WEST

Sponsored by:



Motor City
community credit union

POTATO SOUP

**ALL YOU CAN EAT
\$12 PER PERSON**

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**

Proceeds to benefit Maryvale

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



Proud Sponsors



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

RECIPE OF THE WEEK

Bean-Stuffed Cabbage Rolls

Makes 16 servings
Total Time: 1 hr 20 min

INGREDIENTS

- 1 small head cabbage
- 2 cups cooked black-eyed peas, mashed
- 1 cup cooked barley
- 1 cup finely chopped celery
- 1/2 cup finely chopped onion
- 1/2 tsp salt
- 1/2 tsp dried basil
- 1 pinch dried oregano
- 1 pinch dried thyme
- 2 drops hot pepper sauce
- 2 cups reduced-sodium tomato juice



DIRECTIONS

Place cabbage in freezer overnight to wilt leaves. Preheat oven to 350°F (180°C). Carefully remove 16 cabbage leaves from frozen head, one at a time, cutting each from the core with a sharp knife. Trim the center rib on individual leaves to make the leaf the same thickness throughout, but do not remove the rib. In a bowl, mash black-eyed peas and barley together. Stir in celery, onion, salt, basil, oregano, thyme and hot pepper sauce until well blended. Place about 1/4 cup (60 mL) pea mixture on the rib end of each cabbage leaf. Roll up and tuck in sides. Pack cabbage rolls tightly into casserole dish. Pour tomato juice over rolls. Cover and bake in preheated oven for 1 hour or until sauce is bubbling and cabbage rolls are hot in the center.

NUTRIENTS Per Serving (4 Cabbage Rolls)

Calories: 201; Protein: 10g; Total Fat: 1g; Carbohydrates 41g; Sugar 19g; Fibre 10g; Sodium 470mg

GROW ON

WINDSOR

Join today at

www.GrowOnWindsor.com

A LOCAL FUNDRAISING CAMPAIGN
IN SUPPORT OF CANCER AWARENESS,
RESEARCH & TREATMENT
FOR MEN LIVING IN WINDSOR/ESSEX

OFFICIAL SPONSOR

LISA & BRIAN SCHWAB