



WINDSOR
REGIONAL
HOSPITAL

OUTSTANDING CARE – NO EXCEPTIONS!

Tribune



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The future will one day be the present and will seem as unimportant as the present does now.

W. Somerset Maugham, English Author

Make 2011 Your Healthiest & Best Year Ever—Rescheduled

Register today for an evening of education and enlightenment to be your best in 2011. On Tuesday, February 8, 2011 three of Windsor's best health and fitness experts will be giving talks at the University of Windsor. *The event is being held in support of the Cornerstone of Caring Campaign.* A \$10 donation at the door is suggested. Get \$150 worth of gifts instantly just by signing up. Additional information (including registration info) is available at: www.windsorchallenge2011.com.

Sleep Apnea Book available

'**The Quick and Easy Sleep Apnea Book**' an illustration by Dr. Gautam Soparkar is currently available in the WRH Foundation office. Published by Dr. Soparkar in August 2010, it is a spin-off from his earlier book, 'Questions and Answers in Sleep Apnea – an Internist's Perspective'. The book is defined for general readership and is aimed at people who have sleep apnea, think they have it or know someone who does. The book is \$15.00 including tax and \$6.00 from each book sold supports the WRH Foundation.

Patient Bill of Rights

The new **Excellent Care for All Act (ECFAA)** requires all hospitals to have a patient declaration of values in place by June 2011 that has been developed in consultation with the public and is accessible to the public. As a result, Windsor Regional Hospital is seeking input from all stakeholders on our current Bill of Rights to ensure that it is relevant and meaningful to staff and patients. Please be aware that a survey is being conducted at both Met and Western. Representatives from TellBob.com a local company will be walking around both Met and Western with tablets asking patients and families, staff and volunteers about our current Bill of Rights.

Hats on for Healthcare!

Hats on for Healthcare will take place on February 16, 2011. Everyone is invited to contribute a toonie to the WRH Foundation and wear a hat to work. If your department wants to participate, contact Danielle Ramsten at ext 52656.

Lab Challenge—Your Opportunity to Save a Life

Staff are invited to donate blood at Canadian Blood Services—3909 Grand Marais Road East. Register for the challenge when you donate blood and WRH will receive points. It is in you to give!

Did you know?

2,888,049 Lab Tests were conducted at WRH last year!

The Tribune is a publication of the Public Affairs Department of Windsor Regional Hospital. Submissions can be made to gisele_sullens@wrh.on.ca or by calling ext. 52008.