

FRONTLINE News

Volume 5, Number 1

January 11, 2010



CAN YOU IDENTIFY THESE STAFF MEMBERS? GO TO THE BOTTOM OF PAGE 2 FOR THE CORRECT ANSWERS.

Lisa Whatley & Colleagues Invite You To Take The Healthy Weight Challenge

It's that time of year again, when we all make New Year's resolutions to get healthy, lose weight, or eat better. This year, clinical dietitian **Lisa Whatley** and her colleagues are inviting all staff to join the Healthy Weight Challenge so that they can help you achieve your goals.

According to Lisa, the eight week challenge will help you to improve your lifestyle habits and help you to reach and keep a healthy body weight. "This challenge invites you to take a closer look at your eating and physical activity habits to improve your health," states Lisa. "Each week, you will concentrate on achieving your goals for healthy eating and physical activity. It is encouraged that you continue to track your weight weekly throughout the duration of the Healthy Weight Challenge. Only your weights at the beginning and the end of the challenge will be tracked by the Dietitians to determine the big WINNER. Privacy will be respected of course," adds Lisa.

As a clinical dietitian at HDGH for the past three years, Lisa is responsible for cardiac and neurology patients and covers 4Medical, CCU and 8 West. She is also a member of the District Stroke Centre team and sees first hand every day how important it is to maintain a healthy body weight. That's why Lisa and fellow clinical dietitians **Brenda Guarnaschelli** (Diabetes), **Theresa Banovac-Kennedy** (ICU, 8East), **Lesley Nickleson** (6th Floor, 7th Floor, 2North), **Monique Caines** (Hemo dialysis patients), **Meena Bhatti** (Renal inpatients, outpatients and clinics) and **Shannon Chesterfield** (Renal Satellite Unit) decided that they didn't want to wait for Nutrition Month, which doesn't arrive until March to kick-off the Healthy Weight Challenge.

"Keeping track of your lifestyle habits will help you to reach and keep a healthy body weight," maintains Lisa. "In the spirit of the challenge, it is not really about winning; it's about losing and winning at the same time by making positive healthy lifestyle changes and Nutrition and Food Services want to help you reach your goals!!"

The Healthy Weight Challenge is open to all staff, physicians, and volunteers at HDGH who are 18 years of age or older. During the week of January 18-22, 2010 our clinical dietitians will be happy to sign you up. Your challenge will begin when you sign up on January 19th between 12:30 p.m. and 3:30 p.m. at the Blood Pressure Clinic held in the main hallway behind the Coffee Bar or on January 21st from 12:30 p.m. to 2:00 p.m. and from 4:30 p.m. to 5:30 p.m. in the Board Room located in the Administration Hallway. The Healthy Weight Challenge will end on March 24th in Conference Room 4 between 11:30 a.m. and 1:30 p.m.

At the beginning and end of the challenge, the Dietitians will be available to measure

your body weight and waist circumference. Weight loss and achievement of healthy lifestyle goals will be evaluated at the end of the challenge and a winner will be announced.

Resources and healthy lifestyle tips will be available on the intranet under Clinical Nutrition. Add the Clinical Nutrition homepage to your "Favourites" and make a note to login weekly for updates on resources and tips. Then, during Nutrition Month (March 2010), our Dietitians in combination with Food Services will present a variety of weekly healthy lifestyle sessions to help you stay on track once the challenge is over.

"Sign up for the Healthy Weight Challenge and let us help you achieve your goals and get you back on track," says Lisa.

For more information on the Healthy Weight Challenge, contact Lisa at ext 3860.

Tree of Lights Raises \$30,000

For many years, supporters in Windsor and Essex County have given generously to make our hospital's annual Tree of Lights Campaign a success despite the economic downturn and this past year was no exception. In fact, this year donations made by staff through payroll deduction actually doubled and the campaign raised \$30,000 for the Hôtel-Dieu Grace Hospital Foundation.

Proceeds from the campaign, were generated through donations given in memory of, or in honour of loved ones and will be directed toward the hospital's greatest capital equipment needs.

A sincere thank you is extended to all our supporters and to our team of dedicated volunteers, for their hard work and dedication, and for their ongoing support of this campaign.

Medical Staff Elect Officers for 2010

At the Quarterly Meeting of the Medical/Dental Staff on December 8, 2009, the Medical/Dental Staff of Hôtel-Dieu Grace Hospital voted in favour of electing the following physicians to Executive Leadership positions for 2010.

President	Dr. Jack Speirs
Vice-President	Dr. Sophia Thomas
Secretary	Dr. Brigitte Ala

HÔTEL-DIEU GRACE HOSPITAL - 1030 OUELLETTE AVE. WINDSOR, ONTARIO



*Our hats
go off to...*

The Nurses on 6West. A patient recently contacted the hospital to express his appreciation for the care he received following both a colostomy and a reversal in the last 6 months. He said, "I would just like to commend the nurses on 6West. They gave excellent and personable care to me and my roommate. I think they deserve a verbal well done."



Social Worker **Jill LeGrand, ICU, 8East and all of the staff who contributed to a fundraiser for a recent patient.** The patient's mother sent a note to thank everyone for the generous financial gift made to her son who is now being cared for at Parkwood in London. She said, "Thank you for your generous gift of money and for all of your help, consideration and kindness toward Paul and my family. We are truly humbled. Paul came home for 10 days during the holidays, and boy did he keep us busy. Parkwood is a great place for him right now and he is progressing along. We will keep you updated as best we can on his progress, and one day, he will come to the hospital himself to show you."

Cynthia Lane on being chosen to be a torch bearer for the Vancouver 2010 Olympics. This was a proud moment for Cynthia and her family as well as for all of her friends and colleagues at HDGH.

Smoking Cessation Classes Offered

The District Stroke Centre at HDGH is offering free Smoking Cessation classes for staff beginning January 14, 2010 that will run for six weeks ending February 18, 2010. The classes will be held every Thursday from 4:00 p.m. to 5:30 p.m. in Conference Room 2. To sign up, contact **Sandy Rebner** at ext. 3120.

Time to Test Your PAL

All staff is required to test their PAL at least once a month in order to ensure that it is functioning properly. When testing your PAL, you must go near one of the testing stations, and then push the button on one side, followed by the other. Your PAL is working when you see the green light flash. If it does not flash, it was not a successful test.

The Security Office produces a report each month, identifying staff that has not tested their PAL. Staff that is consistently non-compliant with testing will be notified by the Security Office. If you require assistance testing your PAL, please ask a staff member that is adept with testing or stop one of the Security Guards for assistance.



All staff are invited to celebrate the official unveiling and launch of the In Honour Of The Ones We Love Giving Tree on **Monday, January 18, 2010 at 10:00 a.m. in the Goyeau Street Lobby.**

*In Memory ...
In Honour ...
In Appreciation ...
of a Loved One*

Volunteer Services Announces Temporary Staffing Changes

In light of the fact that Volunteer Services Coordinator **Paulette Jagatic** will begin her maternity leave on January 23rd and part-time Administrative Assistant Debra Patterson is currently on leave from her job, two new temporary part-time staff members have been hired to work in Volunteer Services.

Dawn Janisse has been hired to temporarily replace **Deb Patterson** and **Gisele Poisson** has been hired to replace **Peggy O'Kane**, who also works part-time as Administrative Assistant in the department. Peggy has agreed to replace Paulette for the next year and will oversee the day to day activities in the Volunteer Office. Peggy and Gisele will assume their new positions on January 18, 2010. **Ingrid Garabedian**, Coordinator of the Volunteer Association, has agreed to oversee the overall operations in Volunteer Services during Paulette's absence.

Volunteer Services is responsible for the placement and support of approximately 600 volunteers who provide assistance in areas such as OR, ER, ICU, Renal Clinics, all of the inpatient units and outpatient clinics, as well as the Coffee Bar and Gift Shop. They also handle the placement of all student volunteers including co-op students, university and college students, as well as 40 hour community service volunteers.

Dawn and Gisele can be reached at ext. 3345.

CEO Expresses Appreciation to JOHSC

Editors note: The following letter was sent to the Joint Occupational Health & Safety Committee members by hospital CEO Warren Chant on December 22, 2009.

Dear Hôtel-Dieu Grace Hospital Joint Occupational Health and Safety Committee (JOHSC) Members:

On behalf of the HDGH Senior Leadership Team it gives me great pleasure to thank and commend the dedicated members of the Joint Occupational Health and Safety Committee and others who may have been involved in or supported the committee in their work during the past year. The service that you provide to the organization in maintaining a safe and healthy workplace is invaluable.

One of the mandates of the JOHSC is to create, establish and maintain policies and procedures to guide all employees in a safe and healthy manner as we perform the essential duties of our work. I understand that the JOHSC has created and/or reviewed policies/procedures in 2009 that include the Health and Safety Policy Statement, WHMIS, Safe Purchasing, Accident Investigation, Physical Demands Analysis and Joint Health & Safety Committee amongst others.

I would like to encourage the JOHSC to continue to strive to improve our hospital safety program and I encourage all HDGH employees to take the time to review the safety policies and procedures that affect you.

Please thank the members of your JOHSC for the significant part they play in maintaining a safe and healthy work environment for us all.

Sincerely,

Warren Chant
CEO

8 Photos – Lisa Whatley, Brenda Guarnaschelli, Meena Bhatti, Theresa Banovac-Kennedy, Monique Caines, Shannon Chesterfield, Lesley Nickleson, Clinical Dietitians; Dawn Janisse, Volunteer Services.