



September 27, 2011 | VOLUME V | EDITION 30 www.wrh.on.ca

Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.

~ **Dale Carnegie**

Official Opening of Specialized Mental Health Building

It was with great pleasure that Windsor Regional Hospital welcomed Dwight Duncan, MPP for Windsor Tecumseh and special guests to cut the ribbon for the official opening of the Specialized Mental Health building last week. The building will be named in honour of The Toldo Foundation. Patients will be occupying the new facility in November 2011.

Help Climbers Reach Their Goal

Five individuals from Windsor are planning to climb Mount Kilimanjaro next fall. As part of their journey they have pledged \$50,000 towards the Regional Rehabilitation Program at the Western Campus. The group have several events planned over the upcoming year to meet their fundraising goal and bring awareness to their climb. The first event is a Kiltini-Martini Fundraiser on Thursday, October 6, at the Loft Nightclub (20 Chatham St. East). Tickets are \$20 each and can be purchased by contacting climbkili2012@gmail.com. More information about the climb and other events is available at www.climbkili2012.com.

Six Weeks to a New YOU

One Night Only! Refine Fitness is offering a two-hour workshop on fitness and nutrition to assist you in reaching your goals on Wednesday, September 28. The workshop is taking place at Refine Fitness at 1623 Wyandotte St. East. A \$10 donation is suggested at the door in support of the Cornerstone of Caring Campaign at Windsor Regional Hospital. For more information, or to register, call (519) 253-9400, or visit www.WindsorChallenge2011.com.

Choice and Changes Workshop

Choices and Changes is an educational program developed to improve the quality of health by enhancing the healthcare communication process. The Institute of Healthcare Communications is an organization responsible for developing the Choices and Changes Program. It is accredited by the College of Physicians of Canada (CFPC). The first workshop is scheduled for October 27, 2011. The four hour workshop is sponsored by the Windsor Essex Community Health Centre and will be followed by at least a one hour mentoring session. A pizza lunch is included. More sessions are planned in the upcoming months in the region. For more information, contact gkelly@wehc.org or call 519.253.1551 ext. 22.

Walkathon in Memory of Dr. Michael Lai

The second annual walkathon in memory of Dr. Michael Lai will take place on Saturday, October 15th. The walk starts at May Wah Inn at 1689 University Ave. W. Registration Fee is \$25 or minimum \$25 in pledges. All participants will receive a t-shirt and a Chinese meal following the event. For more information contact Kim Willis-More at ext. 52458.

Did you know?

That the WRH Children's Holiday Party will be held on December 4th and the Adult Holiday Party will be held on December 9th.
SAVE THE DATE!!!!

**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.**