



WINDSOR
REGIONAL
HOSPITAL

OUTSTANDING CARE – NO EXCEPTIONS!

Tribune



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Winning isn't about getting ahead of others. It is getting ahead of yourself. ~ Roger Steinbach

June is Brain Injury Awareness Month

To help raise awareness of Brain Injury, staff on the Rehabilitation Unit and the Acquired Brain Injury Program are wearing t-shirts provided by the Brain Injury Association of Windsor-Essex (BIAWE) every Friday for the month of June. For more information contact the Rehabilitation Unit.

10th Annual Loaring Triathlon

The 10th Annual Loaring Triathlon is being held on Saturday, July 7. All activities take place at 881 County Road 50E in Essex. The event features a Beginner Triathlon, Sprint Triathlon and 5K walk/run along with a Kids Fun Run. Festivities wrap up with a Koolini Pasta Party. All proceeds from the event support Windsor Regional Hospital Foundation. Organizers are also looking for volunteers. If you are interested please contact Kim at x52458. More information about the Triathlon and to register visit www.loaring.com.

Food Drive

There will be a food drive at the Met and Western Campuses from June 14th to June 28th. Staff are invited to drop off canned goods at the Welcome Desk at Met Campus and the Security Desk at Malden Park. Collections will go to the Downtown Mission.

Raffle Tickets NOW on Sale

A fantastic raffle is being held as part of the **Soirée d'été** Gala planned for Friday, June 22. Prizes include a Ladies package valued at \$1,800, a His n' Hers package valued at \$1,300, a Man's package valued at \$1,250 and a night on the town package valued at \$500. Tickets are \$20 each or 6 for \$100 and are available for purchase in the Foundation office at the Met Campus. You do NOT have to be present at the event to win. Contact Kim at x52458 for more information.

June is Bike to Work Month

Bike to Work' month is to encourage and promote the use of the bicycle as transportation to work. All Windsorites are encouraged to participate. Visit www.cyclewindsor.ca for more info.

Summer Heat Alert

With the summer just around the corner the risk of heat stress is more prevalent. Some simple guidelines to follow to help beat the heat outdoors are:

- Drink plenty of water
- Wear light, loose clothing
- Schedule more frequent breaks when working outdoors
- Be sure to use sunscreen (minimum 35spf)
- Keep your head covered
- Schedule outdoor work during cooler parts of the day.

Did you know?

Volunteer Services collects magazines for distribution on the Book Bus and in waiting areas throughout both campuses. If you have magazines to donate, please drop them off at Volunteer Services at either Met or Tayfour Campus.

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.