



*Fate leads the willing, and drags along the reluctant. Semeca*

## Hats On for Healthcare

**Hats On for Healthcare** takes place on February 13, 2013!!! Wear a Hat and join in the fun. CKLW will be broadcasting from the Met Lobby from 10am to 2 pm and a for a small donation—a Characturist and pizza lunch will be available at both campuses. Visit the WRH Intranet or call ext. 52458 for more information.

## February is National Therapeutic Recreation Month

February is National Therapeutic Recreation Month! This month aims to increase awareness of Recreation Therapy programs and services, and to promote inclusive recreation opportunities for all individuals. Recreation Therapists use recreation and leisure to increase functional abilities and independence, improve ability to cope with stress, and promote overall well-being and quality of life. Therapeutic Recreation embraces a holistic view of health, emphasizing the importance of wellness in all five domains – physical, cognitive, emotional, social, and spiritual. Recreation Therapists can be found in settings such as hospitals and long term care facilities. Drop by the lobby of the Malden Park Building (WRH Tayfour Campus) on Wednesday February 20 between 9:00 am and 11:30 am for a free coffee. Have a chat with a Recreation Therapist to find out more about Therapeutic Recreation services in Malden Park and enter to win a prize!

## Let's Talk Day—Tuesday, February 12, 2013

One of the key pillars of Bell's Mental Health \$50 million Initiative is anti-stigma. As part of Bell's efforts to reduce the stigma of mental illness, the Bell Let's Talk awareness campaign has already begun to engage Canadians in the dialogue around mental health. The third annual Bell Let's Talk Day campaign will feature a national multi-media campaign that culminates on February 12, 2013. On that day Bell will contribute \$.05 for every text message and long distance call sent by Bell and Bell Aliant customers to mental health related initiatives. In addition to phone and text, people will be encouraged to engage in dialogue about mental health through social media and access information about the mental health community via the Bell Let's Talk portal at [www.bell.ca/letstalk](http://www.bell.ca/letstalk).

## Meat Draws in Support of Medicine Program

Plan to stop by Place Concorde (7515 Forest Glade Dr.) on February 16 and March 2 at 4 p.m. for special "Meat Draws" being held in support of the Medicine Program at Windsor Regional Hospital. For just a toonie you have the opportunity to win some meat on each of the dates. It's a fun-filled afternoon in support of equipment for the Medicine program. For more information contact Dawn at x 52324, or Place Concorde at (519) 948-5545.

### Did you know?

ALR's (Annual Learning Reviews) are due February 28, 2013.

**The Tribune is a Publication of the Public Affairs Department of Windsor Regional Hospital.  
Submissions can be made to [gisele\\_seguin@wrh.on.ca](mailto:gisele_seguin@wrh.on.ca) or by calling ext. 52008.**