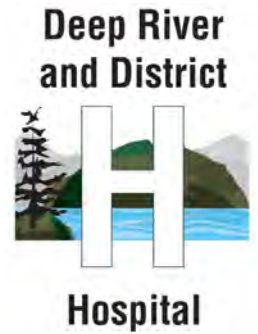
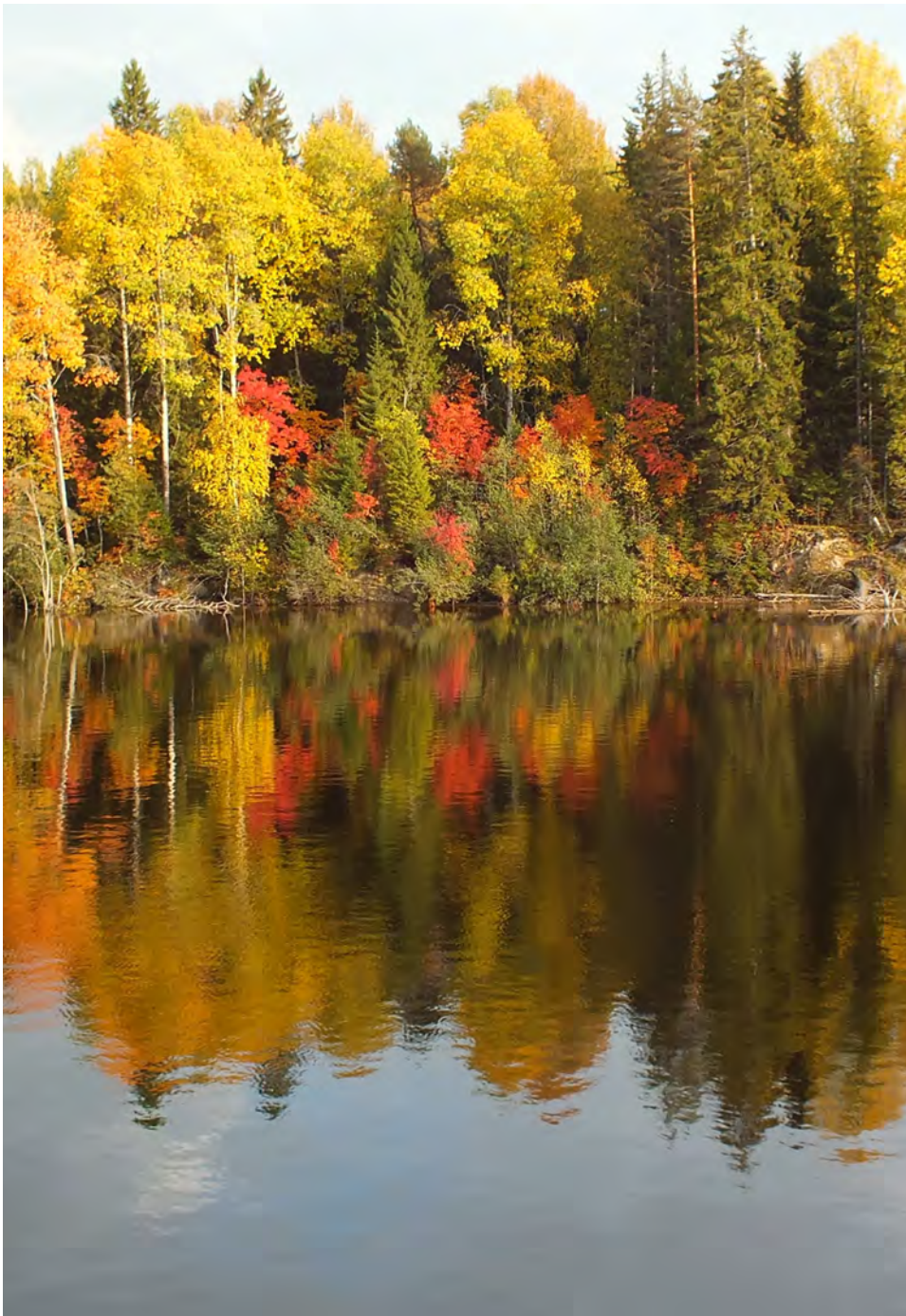


# THE ZINGER



Deep River and District Hospital Newsletter

September 2017



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Yes, that means you!



## Mandatory Education Courses for ALL STAFF

Below is the list of modules that all staff members will need to complete through the Learning Management System (LMS) by December 31, 2017

- ⇒ Worker Awareness Training
- ⇒ AODA / IASR Module 1: General Requirements
- ⇒ AODA / IASR Module 2: Information and Communication Standard
- ⇒ AODA / IASR Module 3: Employment Standard
- ⇒ Working Together: The Code and the AODA
- ⇒ Workplace Violence and Harassment Prevention DRDH 2017
- ⇒ Roles and Responsibilities of All Workplace Parties
- ⇒ WHMIS 1988/2015

### Note:

If you have modules assigned from previous years, please disregard. If you have duplicate modules, please only complete one.

### To access the modules:

Click this link: <http://chlms.medworxx.com/ch-shared/learningstudio/index.cfm?fuseaction=mylearningcenter.mylearningpage> and then click "sign in" at the top right corner. Your Username is your DRDH username: **firstname.lastname** (i.e. michelle.robertson) and your Password is **password**.

If you have logged into the LMS previously you may have changed your password, if you do not remember what you changed it to try password, if it still does not work, please send an email to Michelle to have it reset ([michelle.robertson@drdh.org](mailto:michelle.robertson@drdh.org)).



**NOW THAT THE KIDS HAVE GONE BACK...**

**IT'S TIME FOR US TO FOCUS ON OUR EDUCATION AS WELL!**

### Attestations

Attestations are being re-assigned to those who missed the initial deadline. Attestations are required to confirm that you have read and understand new and updated policies and procedures. If you do not complete your assigned attestations before the extended **deadline** of **December 31, 2017**, you will not be scheduled to work.

Please feel free to contact Amy Joyce at extension 7100 or amy.joyce@drdh.org for help if you are unsure how to complete an attestation.



### Take Our Kids to Work Day—November 1, 2017

#### ATTENTION ALL STAFF:

Do you have a child in grade 9?

“Take our Kids to Work Day” is coming up on November 1, 2017.

Contact Amy Joyce at extension 7100 or amy.joyce@drdh.org to **register your child BEFORE October 18th.**

# TAKE OUR KIDS TO WORK DAY

### Mackenzie Community School Co-op Students



Alyssa Baker  
(Diagnostic Imaging)

Nathan Griffiths  
(Physiotherapy)



This fall, we have four students from Mackenzie Community School completing co-op placements here at the Hospital. Our participation in the co-op program allows high school students to experience the healthcare environment and gain a better understanding of the career paths they may be considering for themselves.



Colin Isok  
(Diagnostic Imaging)

Jade Rabishaw  
(Nursing)



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Farewell to our Reception students



*Best of luck at school*

The DRDH bid farewell to three of our students in Registration at the end of the summer. Pictured here, from left to right, is Aly Pruszkowski, Rayan Letifia and Tristyn LeClerc. All three students have gone off to University this fall.

William Willard ties the knot



*Congratulations William & Hilary!*

William and his new wife Hilary were married on September 3, 2017 at Calabogie Peaks.

Staffing Updates



Breena Chaput



Katelyn Rabishaw



Kerry Fagan

Breena and Katelyn are both students who have recently joined our team. Breena is working in Registration and Katelyn is working in Dietary. Kerry has also recently joined our team and she is a PSW who will be working in the Four Seasons Lodge.

A big welcome to all new hires!



Karen Lamadeleine (left) has accepted the temporary role of Project Manager, Clinical Strategy and Innovation. Congratulations Karen!



Marley LaPierre, RPN (right) has recently returned to work after a maternity leave. Welcome back Marley!

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Birthdays

*Happy Early Birthday to those celebrating in October*



Physiotherapy Centre receives new Ultrasound Machine



*Funding provided by the Foundation—Thank you!*

Thanks to funding provided from the Foundation, the Physiotherapy Centre has received a new ultrasound machine. The total cost of the machine is approximately \$3,200.

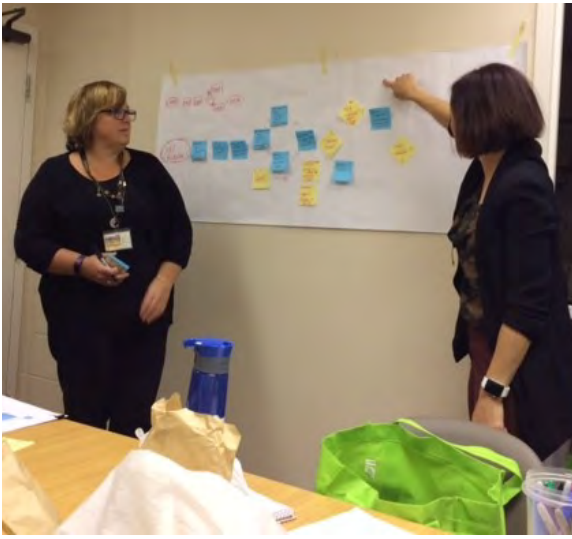
Four Seasons Lodge receives new Vitals Machine



*Funding provided by the Auxiliary—Thank you!*

Thanks to funding provided from the Auxiliary, the Four Seasons Lodge has received a new vitals machine. The cost of the machine is approximately \$4,300. Pictured here is RPN Rachael Smith (left) and PSW Jennifer Hammond (right).

## Advanced Access and Efficiency for Primary Care



Every day primary care providers are faced with the challenge of balancing supply and demand to meet their patient's needs. Hectic days and stressful workplaces are common, however they don't have to be. The NRFHT has been working with a consultant from Practice Excellence since May towards this initiative. Moving towards an Advanced Access environment is a team activity involving both clinical and non-clinical staff working in collaboration to determine which solutions and concepts work best the practice. Pictured here (left), Lesley Buckingham and Dr. Corrigan are process mapping the patient visit from beginning to end and all that happens in between.

## EXERCISE COLLABORATIVE SPIRIT: *Janna spends a day in the life of our Army Soldiers*



On September 19, 2017, nearly 400 participants, including our own Janna Hotson, were immersed in army life during Exercise Collaborative Spirit 2017 at Base Petawawa. The exercise gave participants hands-on military experience and a better understanding of the Canadian Army. To read more about Janna's day, click [HERE](#) to access a news release from the Government of Canada.



## DRDH Hosts FREE Nutrition Classes Open to All

**\*Extra Class: My Best Weight- a jumpstart to weight management**

Friday, September 29th, 2017; 12:00-1:30 pm

**Meal Planning 101: From the grocery aisle to your plate**

Friday, October 20th, 2017; 1:00-2:30 pm

**Ditch & Switch: Turn your packaged staples to healthier homemade dishes**

Friday, November 17th, 2017; 1:00-2:30 pm

**Mindful Holidays: Enjoying holiday treats without tipping the scale**

Friday December 15th, 2017; 1:00-2:30 pm

**Cancer: Foods to help prevent, treat and recover**

Friday January 19th, 2018; 1:00-2:30 pm

**How to Feed a Broken Heart**

Friday February 16th, 2018; 1:00-2:30 pm

**March: Nutrition Month**

Friday March 23rd, 2018; 1:00-2:30 pm

**Prebiotics, Probiotics and Leaky Gut**

Friday April 20th, 2018; 1:00-2:30 pm

**Feeding your Mind - how eating well can improve mental wellness**

Friday, May 18th, 2018, 1:00-2:30 pm

**Diets New and Old: Why you shouldn't waste your time or money**

Friday June 15th, 2018, 1:00-2:30 pm

Classes are held in the Classroom at the Deep River and District Hospital.

[Click here to email Jenna to sign up.](#)





Volunteer Orientation



An orientation was held on August 23, 2017 for volunteers at the hospital. These volunteers will be helping with things such as pet visits and palliative care.

Orientation for new and returning staff



An orientation for new and returning staff was held on August 24, 2017. Pictured here, from left to right, is Jeremy Palmer (IT Support), Breena Chaput (Registration student), Michelle Robertson (HR), Jillian Keyes (Admin student) and Marley LaPierre (RPN).

Coming up next Month

October is Breast Cancer Awareness Month



October is Breast Cancer Awareness month. The Ontario Breast Screening Program is provided at the DRDH in partnership with Pembroke Regional Hospital. Screening is available for women between the ages of 50-74. To schedule your appointment today, call 1-800-916-6277.

## Smoke-Free Environment

All of us at the Deep River and District Hospital are committed to improving the health of our patients and of the community. We also know that smoking is a health hazard. Therefore, to promote good health and to comply with provincial legislation, the Deep River and District Hospital will become entirely smoke free on October 1, 2017.

Smoking is prohibited in all areas of the hospital including, but not be limited to, the inside of the building in its entirety, exterior grounds, parking lots, and vehicles located on our grounds. This includes all substances in any processed or unprocessed form that may be smoked, inhaled, or chewed, including but not limited to, chewing tobacco, cigarettes, cigars, pipe tobacco, any form of marijuana, herbal cigarettes, or e-cigarettes.

We recognize that this initiative will be a change and adjustment for many staff, patients, visitors and volunteers. While staff are free to continue smoking off-hospital property during breaks and lunch periods, those who smoke may decide this is a good time to quit.

To assist those who chose to quit smoking, the Hospital Employee and Family Assistance Program (EFAP) offers support. The EFAP program may be reached by calling 613-735-2116, or 800-661-0340 or by email at: [info@valleyefap.com](mailto:info@valleyefap.com). Information on support services provided can be access on the EFAP website at: [www.ValleyEFAP.com](http://www.ValleyEFAP.com). The Family Health Team and Occupational Health Nurse also have smoking cessation resources.

**[Our Smoke-Free Environment Policy can be found on Policy Medical, entitled \*Smoke Free Environment\*. This policy, which will come into effect on October 1, 2017 applies to everyone on the Deep River and District Hospital grounds.](#)**

Violation of the smoke free environment is explicitly prohibited by provincial law under the Smoke-Free Ontario Act. Public Health Officers may impose fines of \$300+ for each observed smoking by-law violation directly to those in violation of the policy and legislation, payable to the province of Ontario. Inspections will be conducted by Renfrew County Public Health officials.

Thank you for your assistance in promoting a healthy, smoke-free environment for patients, staff and visitors.



**THANK YOU  
FOR NOT SMOKING**



## CHILLER DOWN FOR THE SEASON

We have had an issue with water in the mechanical penthouse, which has resulted in our old chiller finally giving out on us.

The bearing seal on the pump that circulates chilled water is broken. Since the price to have it repaired is in the thousands and the summer season is all but over we have shut down the chiller. Therefore, there will be no air conditioning in the Hospital or the Four Seasons Lodge until next spring when the new chiller is operational.

## UPDATED SAFETY DATA SHEETS / MSDS SHEETS

Please take note that the Safety Data Sheets (MSDS) within the hospital have been reviewed and updated. Each Department has its own binder and there are two main binder sets in the facility containing all data sheets for the hospital. There is one main binder set in the Emergency Department and one at the end of the service hall (by the Classroom). Should you have any questions, please contact Sarah Chard, Nursing Team Leader at extension 7407.



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## IT HELP DESK NOW AVAILABLE

SpiceWorks is an IT helpdesk portal to submit IT needs and requests. An email will be generated when the ticket is created, and additional emails will be received with updates and once the task

has been completed. An icon to access SpiceWorks has been installed on computers throughout the Hospital. For assistance using SpiceWorks, please contact Garry Hartlin at extension 7730 or Jeremy Palmer at extension 7731.

## Foundation News



## *Foundation Thanks it's Donors*

On September 14, 2017 the Foundation hosted a donor appreciation event at the Library. The event was a great opportunity get many of the generous donors together to say thank you, and to show them what a difference their donations make to our hospital.

### **PARKING UPDATE**

After much consideration of feedback from staff and facility needs, a paid parking system has been selected. The selected system is a parking solution provided by Cale Access. With this system, you register your licence plate at a self-serve kiosk inside the hospital and pay by coin or credit card. There is no need to go back to your vehicle to display a ticket.

In order to determine an appropriate price for parking, 10 hospitals within our LHIN were polled and rates were compared. Based on the results from the survey, and adhering to the parking directive issued by the Ministry, the following parking structure was determined:

Daily Parking—\$5 for 24 hours

#### Monthly Passes

Part-Time Employees—\$20/month. Full-Time Employees—\$25/month

Non-Employee—\$30/month

**PAID PARKING START DATE: NOVEMBER 1, 2017**

6<sup>TH</sup> ANNUAL

# KITCHISSIPPI RUN

a FUNDRAISER FOR THE DEEP RIVER AND DISTRICT HOSPITAL FOUNDATION

2KM. 5KM. 10KM. HALF & FULL MARATHON.  
*NEW THIS YEAR:* BIKE EVENTS (21 AND 42 KM DISTANCES)

*October 1, 2017 starting at the Chalk River Lions Club*

register early:  
early bird pricing ends August 31<sup>ST</sup>

for entry fees, times,  
race kit pickup info,  
and training programs, visit our website:

 [KITCHISSIPPIRUN.WORDPRESS.COM](http://KITCHISSIPPIRUN.WORDPRESS.COM)

 [KITCHISSIPPIRUN@HOTMAIL.COM](mailto:KITCHISSIPPIRUN@HOTMAIL.COM)

 [FACEBOOK.COM/GROUPS/KITCHISSIPPIRUN](https://FACEBOOK.COM/GROUPS/KITCHISSIPPIRUN)



Deep River & District Hospital  
FOUNDATION

# Bon Appé-tempt



## Home-made Greek Ranch Dip

- 1 cup of plain greek yogurt
- 1 tbsp of garlic powder
- 1 tbsp dried parsley
- 1 tbsp dried dill
- 1 tbsp dried chopped onion
- 1 tbsp lemon juice
- 1 tsp sugar
- ½ tsp salt
- Pinch of pepper

### Steps:

1. Mix all ingredients together. Refrigerate for about 2 hours prior to serving. Great as a dip for veggies or homemade chicken strips, or as a spread

## Home-made Greek Fruit Dip (2 ways)

### Greek chocolate

- ½ cup of plain greek yogurt
- 2 tbs honey
- 1 tbs cocoa
- ¼ tsp vanilla
- Pinch of cinnamon

### Nut butter dip:

- ½ cup plain greek yogurt
- 2 tbs honey  
(less if sweetened nut butter used)
- 1 tbs nut butter  
(wow, sunflower seed, Pb etc)
- ¼ tsp vanilla
- Pinch of cinnamon

**Steps:** 1. Mix together. Get dippin' your favorite fruit.

\*Make on sunday and portion in ¼ cup containers for the week.



*Is there something you would like to see appear in the next issue of the Zinger?  
Please submit photos and information to amy.joyce@drdh.org.*