

North Renfrew  
Family Health Team

# THE ZINGER

Newsletter for the Deep River and District Hospital  
Four Seasons Lodge and North Renfrew Family Health Team

May 2020



## Inside This Issue:

NURSING WEEK	2—8
LIFESPEAK	9
STAFF HAPPENINGS	10
COVID-19 TESTING	11, 12
LTC REPORT	12
CLOTH MASKS	13
DND FLY-BY	14
COMMUNITY SUPPORT	15
MESSAGE FROM THE MAYORS	16
GOODBYE GARRY	17
UNIVERSAL MASKING	18
MENTAL HEALTH	19
RENOVATIONS	20—21
FOUR SEASONS LODGE NEWS	22—24
DOCTOR'S DAY	25
DISTANCING BBQ	26

## DRDH CELEBRATES NURSING WEEK 2020

In honour of National Nursing Week 2020, the Deep River and District Hospital, Four Seasons Lodge, and North Renfrew Family Health Team is sending acknowledgement and thanks to all of our nursing staff including Registered Nurses, Registered Practical Nurses, Nurse Practitioners, nursing students, and Personal Support Workers for the work that they do every single day.

Nursing is a profession requiring knowledge, skills, compassion, and commitment. During the unprecedented COVID-19 pandemic, nurses are being challenged to deliver high-quality care under extraordinary circumstances. Unsurprisingly, nurses are rising to the occasion and are providing care with grace and dignity under pressure. Being present with patients, residents, and families during the most vulnerable times in their lives is a truly one of the most impactful things one person can do for another - and it's something nurses do every single day.

Globally, 2020 has been designated as *The Year of the Nurse*. Perhaps no nursing week theme has ever been more appropriate with the world facing the most challenging healthcare crisis of the century. All over the world, nurses have bravely shown up to provide care, comfort, and compassion when it has been needed most.

As our organization celebrated Nursing Week a little differently this year, we asked that members of the community send us **“virtual hugs”** for us to share. We wanted to hear the stories of our nurses that inspired, awed, or impressed you – or the ones that will make us laugh!

This year, more than ever, is a chance for us to showcase the amazing nursing profession, and to demonstrate the impacts that nurses have on our patients, residents, and the community.

N  
E  
W  
S  
  
R  
E  
L  
E  
A  
S  
E

**HAPPY  
Nursing  
WEEK**

Deep River and District Hospital  
The Four Seasons Lodge  
North Renfrew Family Health Team

Some of the virtual hugs we received are included throughout this newsletter!

**NATIONAL NURSING WEEK**  
INTERNATIONAL YEAR OF THE NURSE AND THE MIDWIFE 2020

CANADIAN NURSES ASSOCIATION  
NURSES A VOICE TO LEAD  
NURSING THE WORLD TO HEALTH

**MAY 11-17**

cna-aicc.ca

Check out the corners of the pages in this Zinger for “virtual hugs” that were received during Nursing Week earlier this month.



V  
I  
R  
T  
U  
A  
L  
  
H  
U  
G  
S

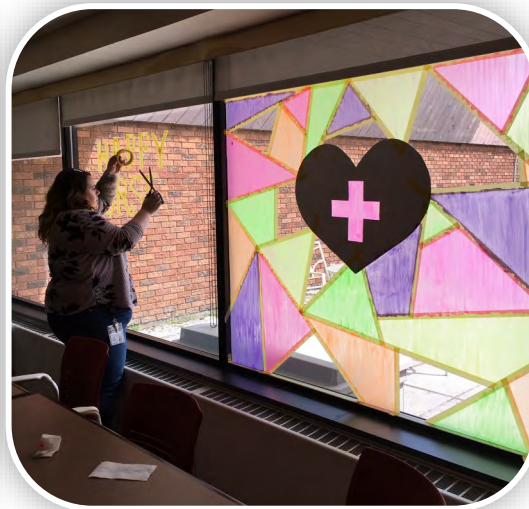


On May 12, a 'birthday party' was held to celebrate 200 years since the birth of Florence Nightingale, considered the founder of the modern nursing profession.

H  
A  
P  
P  
Y  
  
2  
0  
0  
T  
H  
  
F  
L  
O  
R  
E  
N  
C  
E  
!



For the Nurses Week celebration activity on May 13, all Nursing and PSW staff were included in a random draw for a prize. Congratulations to the winners!



Through the use of customized order forms, ample organization, and desk deliveries...a thank you barbeque was held on May 15 to safely celebrate all our nursing and PSW staff.



NURSES WEEK CONT'D

MUCH OBLIGED

Megalomaniac, a Niagara-based winery, has created Much Obligated wines to honour all of the brave healthcare workers whose hard work during this crisis deserves our deepest appreciation.

In the name of these superheroes, a portion of the proceeds of every bottle of Much Obligated wine sold will go to Food Banks Canada to support our neighbours in need, now and when the pandemic is over.

Deep River was a little too far away to be part of the winery's tour when they made deliveries to 30 healthcare facilities in Southern Ontario...so an anonymous donor had some shipped to us! All Nursing and Personal Support Staff names were included and drawn for the bottles of wine.




*cheers*

Michelle Lesaux deserves lots of hugs for becoming a leader we depend on in the Emergency Department, and who has helped everyone to be safer.



MEET THE NURSE / PSW BEHIND THE MASK

We featured some of our amazing nurses and their stories on Facebook in celebration of Nursing Week:



"I always wanted to help people. My Aunt is a nurse and I used to love sitting and talking to her about her career as a nurse.

I really enjoyed working in critical care and teaching. It was always a great experience teaching new nurses and preparing them for the challenges and enjoyments of being a nurse.

I love my current role as Manager of Clinical Services and Director of Care. I have been able to experience new disciplines in healthcare and build great relationships with the entire healthcare team."

- Allison, RN

**NURSING WEEK 2020 | MAY 11-17**  
A VOICE TO LEAD | NURSING THE WORLD TO HEALTH



"I became a nurse to provide strength, compassion and care to people who are sick, or families that need someone to lean on or trust in a time of weakness. I wanted to make a difference.

I have worked for many years in geriatrics, and also have experience in medical and surgical settings."

- Bonnie, RPN



**NURSING WEEK 2020 | MAY 11-17**  
A VOICE TO LEAD | NURSING THE WORLD TO HEALTH




"I chose to become a Personal Support Worker (PSW) and work in the nursing field because I wanted to feel rewarded at the end of a work day and feel like I made a difference in someone's life.

Some of my favourite parts of my job include assessments/observing of dressing procedures, styling hair, and having conversations about happy memories from the past."

- Ashley, PSW

**NURSING WEEK 2020 | MAY 11-17**  
A VOICE TO LEAD | NURSING THE WORLD TO HEALTH



"I became a nurse because I wanted to do something that was challenging, educational, and makes a difference in people's lives daily. I'm constantly learning new things from my co-workers and patients. There is something so rewarding about hearing positive feedback from patients and their families about compassionate care from all of us at DRDH. I'm truly honoured to be a part of such an amazing team.

I find myself drawn to palliative care nursing. Dealing with patients and their families and helping them through a difficult time is extremely rewarding to me. Palliative care allows me to focus on the whole person and their family, rather than just one disease. Palliative care focuses on the overall well-being of the patient."

- Christine, RPN

**NURSING WEEK 2020 | MAY 11-17**  
A VOICE TO LEAD | NURSING THE WORLD TO HEALTH




"While working with the public as hairstylist, I found that I was always keen to help others, listening to their concerns and hopes. I would go into clients homes to provide a service that made them feel better. As a single parent I decided to go back to school and become an RPN to provide a better life for myself and my child. I knew I would be proud to be a nurse and provide compassionate care to patients of all ages.

I have worked in primary care, geriatric care (RAI Coordinator), and telemedicine. I love all aspects of nursing and if I have not experienced something, I like to expand my knowledge and learn new skills."

- Heather, RPN

**NURSING WEEK 2020 | MAY 11-17**  
A VOICE TO LEAD | NURSING THE WORLD TO HEALTH

MEET THE NURSE / PSW BEHIND THE MASK



"For me, nursing was something that happened by accident. I did not know what I wanted to do after high school, but then I got to know some incredible nurses and thought - I could do this! I am very glad I did.

I do not believe anyone can be an expert in any area of nursing, as it is constantly evolving profession and you learn something new every day. I do believe that you can become very knowledgeable in a certain area and shine"

- James, RN

**NURSING WEEK 2020 | MAY 11-17**  
A VOICE TO LEAD | NURSING THE WORLD TO HEALTH

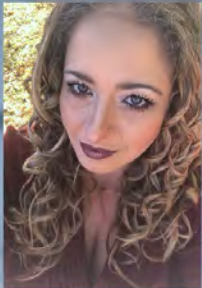


"I became a nurse because I wanted to help others. In nursing, I saw the potential impact one person could make in the life of another person, a community, or a population. I saw nursing as a path to making a difference.

My areas of interest are professional practice and standards, as well as education and leadership."

- Janna, RN

**NURSING WEEK 2020 | MAY 11-17**  
A VOICE TO LEAD | NURSING THE WORLD TO HEALTH



"As a child, I always helped my elderly neighbors. I love caring for others and putting a smile on their face.

I am passionate about palliative care"

- Julia, RPN



**NURSING WEEK 2020 | MAY 11-17**  
A VOICE TO LEAD | NURSING THE WORLD TO HEALTH



"I became a Registered Nurse because I wanted to help people (cliché as it may be). With a background in science, and a strong interest in becoming a service to others to help them achieve health and wellbeing, I chose nursing as my career path.

I became a Nurse Practitioner after many years of nursing in many different settings, because I wanted to further my practice scope and autonomy as part of an interdisciplinary team.

I have a special interest in primary health care, mental health, and empowering patients through education and positivity."

- Lauren, NP

**NURSING WEEK 2020 | MAY 11-17**  
A VOICE TO LEAD | NURSING THE WORLD TO HEALTH

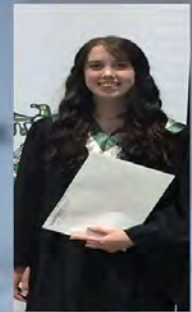


"I became a Personal Support Worker (PSW) because two of my family members were PSWs. I also had many jobs including my own day care and taking care of a mentally challenged man, so becoming a PSW just made sense as the next step since I really enjoyed caring for others."

- Lori, PSW



**NURSING WEEK 2020 | MAY 11-17**  
A VOICE TO LEAD | NURSING THE WORLD TO HEALTH



"I wanted to help people hands on, and you can't get any more hands on than nursing! Nursing is very rewarding and challenging.

I have worked on the Medical Unit for almost a year now"

- Megan, RN



**NURSING WEEK 2020 | MAY 11-17**  
A VOICE TO LEAD | NURSING THE WORLD TO HEALTH



FREE WELLNESS PROGRAM FOR ALL STAFF

# LIFESPEAK



LifeSpeak is a global wellness platform that gives you and your family members instant access to expert advice on all kinds of topics. Mental health, relationships, personal finances ... everything is here. You can watch videos, download podcasts to listen to at your convenience and interact with world-renowned experts in real time during our monthly webchats. LifeSpeak is available anywhere, anytime and is 100% confidential. You'll know more. So you can do more.

Here is a screenshot of the LifeSpeak COVID-19 Resources page, just to give you an idea of some of the content available right now. Click on the images to check out the site!



Here is where you will find our expert blog posts around navigating and managing the COVID-19 pandemic. Check back often for new information.



ASK THE EXPERT: MENTAL HEALTH & RELATIONSHIPS



ASK THE EXPERT: EMBRACING POSITIVITY AND SELF-COMPASSION WITH HINA KHAN



MAKING YOUR HOME WORKSTATION ERGONOMIC



AFTER COVID ISOLATION: A ROADMAP TO NAVIGATING THE NEW NORMAL



BEING ALONE TOGETHER: THE SOCIAL PANDEMIC OF LONELINESS DURING COVID-19



HOW TO MANAGE VIDEO CONFERENCE FATIGUE



MANAGING DIFFICULT EMOTIONS IN TIMES OF STRESS



ASK THE EXPERT: MANAGING MONEY IN TIMES OF UNCERTAINTY WITH SHANNON LEE SIMMONS AND BOB GAVLAK



HEALTHY FOODS TO HAVE ON HAND DURING THE PANDEMIC



HOW TO MAKE VOLUNTEERISM IMPACTFUL AND MEANINGFUL



HOW TO FEED YOUR FAMILY (AND YOURSELF) IN SELF-ISOLATION



MANAGING ADDICTION DURING THE COVID-19 CRISIS



YOUR LOVED ONE HAS LOST THEIR JOB. NOW WHAT?



EVERYTHING YOU NEED TO KNOW ABOUT COVID-19 RIGHT NOW



A HEALTH CARE WORKER'S EXPERIENCE ON THE FRONT LINES FIGHTING COVID-19

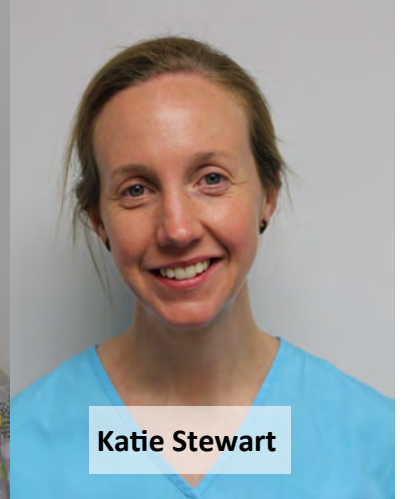
NEW HIRES



Chelsea Halls



Jessica Clarke



Katie Stewart

S  
T  
A  
F  
F  
  
H  
A  
P  
P  
E  
N  
I  
N  
G  
S

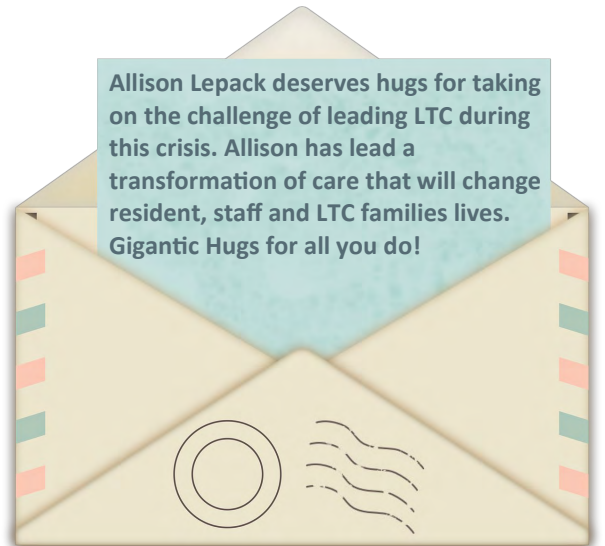
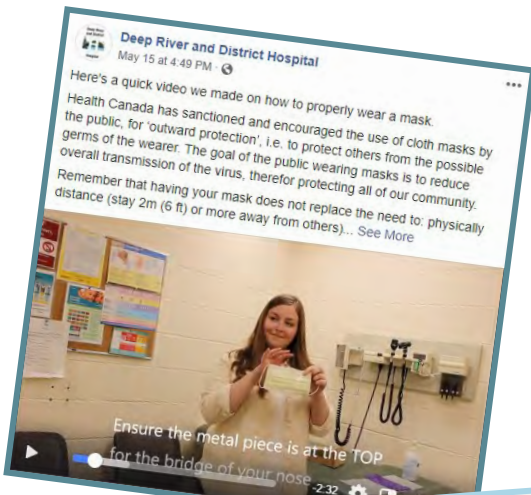
We are pleased to welcome four new members to the team this month. **Chelsea** and **Jessica** will both be working in Housekeeping as well as Laundry and **Katie** is a Registered Nurse. Katie is actually returning to DRDH, after she completed her Maintenance of Clinical Readiness Program hours with us in the past through DND, so welcome back Katie!

**Scott** Goodchild has begun in his role as Manager of Information Technology and Building Services. We look forward to the knowledge, expertise, and experience that Scott brings to our organization.



Scott Goodchild

“Like” the Deep River and District Hospital on Facebook to make sure you don’t miss any videos—like our ‘how to use a mask’ video, or the video message we contributed to for Paramedic Services Week!



Allison Lepack deserves hugs for taking on the challenge of leading LTC during this crisis. Allison has lead a transformation of care that will change resident, staff and LTC families lives. Gigantic Hugs for all you do!

COVID-19 TESTING THROUGH THE RC VTAC

# COVID-19 Testing

Do you require **COVID-19** testing?



We will be testing at the following locations over the **next two weeks**:

May	Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th
June	Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th	Saturday 6th
<b>Morning</b> 0900-1100	<b>Cobden</b> 43 Astrolabe Rd Cobden, ON	<b>Petawawa</b> 16 Civic Centre Rd Petawawa, ON	<b>Cobden</b> 43 Astrolabe Rd Cobden, ON	<b>Petawawa</b> 16 Civic Centre Rd Petawawa, ON	<b>Cobden</b> 43 Astrolabe Rd Cobden, ON	<b>Petawawa</b> 16 Civic Centre Rd Petawawa, ON
<b>Afternoon</b> 1400-1600	<b>Pembroke</b> 7 International Dr Pembroke, ON	<b>Deep River</b> 2 Club House Rd, Deep River, ON	<b>Pembroke</b> 7 International Dr Pembroke, ON	<b>Deep River</b> 2 Club House Rd, Deep River, ON	<b>Pembroke</b> 7 International Dr Pembroke, ON	<b>Deep River</b> 2 Club House Rd, Deep River, ON
	<b>Arnprior</b> 77 James St, Arnprior, ON	<b>Eganville</b> 178 Jane St Eganville, ON	<b>Arnprior</b> 77 James St, Arnprior, ON	<b>Eganville</b> 178 Jane St Eganville, ON	<b>Arnprior</b> 77 James St, Arnprior, ON	<b>Eganville</b> 178 Jane St Eganville, ON
<b>Evening</b> 1800-2000	<b>Renfrew</b> 1 Ma-te-way Park Renfrew, ON	<b>Barry's Bay</b> 65 Arena Rd, Barry's Bay, ON	<b>Renfrew</b> 1 Ma-te-way Park Renfrew, ON	<b>Barry's Bay</b> 65 Arena Rd, Barry's Bay, ON	<b>Renfrew</b> 1 Ma-te-way Park Renfrew, ON	<b>Barry's Bay</b> 65 Arena Rd, Barry's Bay, ON



Please call **RC VTAC** to pre-register  
**1-844-727-6404**

**! Please ensure you:**

- Wear a **face mask** or **covering**
- Bring your **health card** & **driver's license**



### VOLUNTARY ASYMPTOMATIC COVID-19 TESTING

The County of Renfrew is offering testing to asymptomatic residents. If you choose to be tested please visit [www.RCVTAC.ca](http://www.RCVTAC.ca) to book an appointment.

If you are **asymptomatic** and you are tested, you must contact Human Resources by emailing Michelle at [michelle.robertson@drdh.org](mailto:michelle.robertson@drdh.org).

If you are **asymptomatic** you are expected to attend work as scheduled.

When you receive your swabbing results if negative notify HR by email [michelle.robertson@drdh.org](mailto:michelle.robertson@drdh.org), if results are positive call the sick line at 613-633-1957.

If you have **symptoms** or have been in contact with a suspected or confirmed case without proper PPE, please contact the sick line at 613-633-1957 for assessment by Occupational Health.



### PARKING LOT IMPROVEMENTS UNDERWAY!



The section of the parking lot off Banting Drive nearest to the helipad is being re-paved!



## CLOTH MASKS

As a reminder to all staff, as you have been provided with cloth masks, you must wear a mask when entering and leaving the building. If you have not received your cloth mask, please see me (Amy Joyce) in the Administration area to receive your allocation.



**Champlain Health Region  
Incident Command**

**CHAMPLAIN HEALTH REGION INCIDENT COMMAND INFECTION PROTECTION  
AND CONTROL NETWORK**

**USERS GUIDE TO USE OF YOUR CLOTH (NON-MEDICAL) MASK**

Your mask has been made and donated by members of our community, for your use in healthcare settings, at home during healthcare visits at home, or in public spaces.

Please remember that having your mask does not replace the need to: physically distance (stay 2m (6 ft) or more away from others); limit non-essential outings; clean your hands often; and stay at home if you are unwell or have been instructed to do so by Public Health or your healthcare provider.

Before you put your clean mask on, clean your hands. Make sure the mask covers your nose and mouth and does not slip down. Do not touch the front of the mask while you are wearing it. If you have to adjust your mask, clean your hands before and after touching the mask; avoid touching your face at any time with unwashed hands.

If using an 'ear saving' device, like bands or caps / headbands with buttons, ensure the mask fits snugly against your face, with no gaps where it rest on your cheeks.

Clean your hands before you remove your mask. Remove by pulling on the ear loops or ties, being careful not to touch your face or the front of the mask. Clean your hands after you remove your mask.

Laundering: wash your mask when it is soiled, and ideally daily. Launder with hot water and regular laundry detergent. Discard your mask if it cannot be cleaned or if it is torn or damaged.

I would like extend a virtual hug to Kerry Sinikivi for her compassionate care she delivers to the residents at the Four Seasons Lodge. Kerry is always so positive and willing to lend a hand when needed. Thanks for all you do!



RECOGNITION FLYBY



On Tuesday May 21, members from 427 Special Operations Aviation Squadron and 450 Tactical Helicopter Squadron conducted a flypast as a thank you to the incredible resilience displayed by Canadians and to our local medical staff, first responders, and essential workers. This flypast was Garrison Petawawa’s way of recognizing all that we have shared and endured as a community during these past few months.

The amazing aerial photo above was taken by MCpl Steve Wilson and Cpl Alex Heagle—I can’t take credit for that one...wow!



Brandy Raven deserves hugs for all of the small things she does every to make our patients feel special and cared for. Hugs to Brandy for all the times she comforts others.

COMMUNITY SUPPORT CONTINUES!



Our organization continues to receive tremendous support from our community!

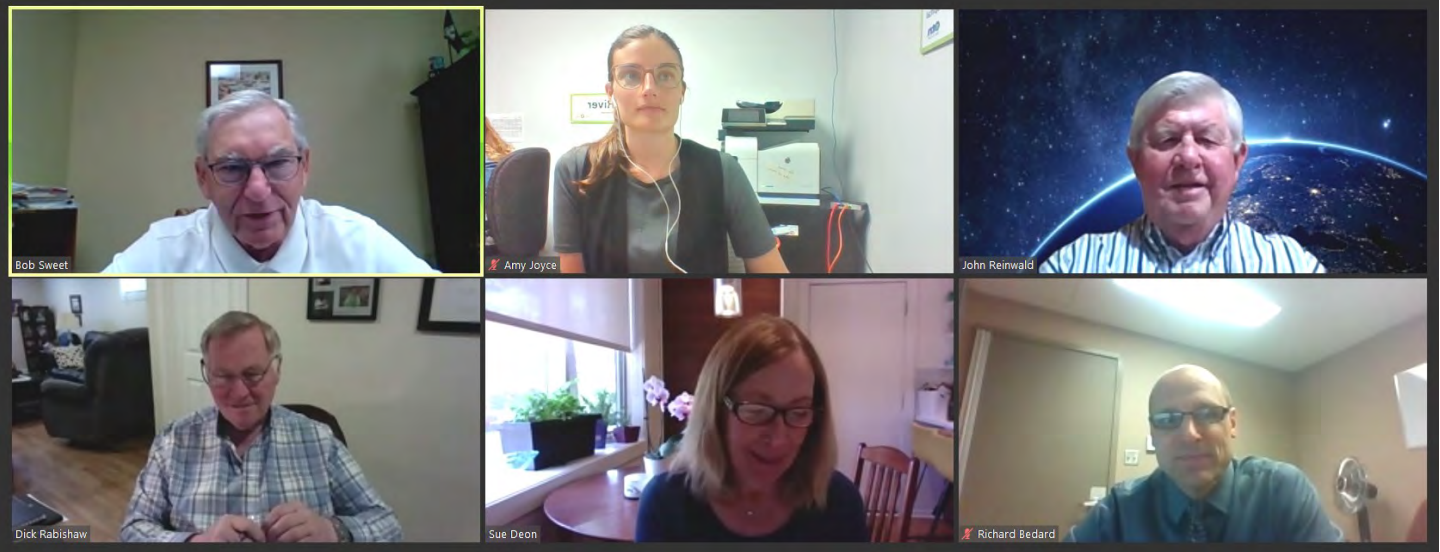
Anne Blackstock deserves virtual hugs for everything that she does to care for our Residents.



Pictured above are just a few examples of donations we have received this month, including gloves from the Deep River Police Department, face shields from Canadian Nuclear Laboratories, care packages from Cahoon's Pharmasave, hand sanitizer from the Dairy Distillery in Almonte, and hand sewn caps from members of our community.

T  
H  
A  
N  
K  
  
Y  
O  
U

## STAYING CONNECTED WITH OUR COMMUNITIES



Our organization has been having regular virtual meetings with the Mayors of our four surrounding communities in order to stay in touch and stay informed on all things COVID-19 related. Pictured above clockwise, in a sneaky screenshot I took during one of our meetings, is Mayor Bob Sweet of Petawawa, me, Mayor Reinwald of Laurentian Hills, Richard Bedard—DRDH CEO, Mayor D’Eon of Deep River, and Dick Rabishaw—DRDH Board Chair. Mayor Grills of Head, Clara, Maria was not able to make this particular meeting so she is not pictured.

## A LETTER FROM THE MAYORS

*The residents of the Towns of Deep River, Laurentian Hills, Petawawa and United Townships of Head, Clara and Maria wish to express their deepest gratitude to all frontline workers at our local hospital, long-term care, and family health team.*

*The words “Thank You” seem hardly enough to acknowledge the daily dedication you have shown throughout these uncertain times. We would like to acknowledge your courage and resilience in the face of the COVID-19.*

*We must commend the successful efforts of all staff responsible for securing the Four Seasons Lodge facility and protecting the home of our most vulnerable seniors. Despite the unparalleled events during these past weeks you have been able to deliver all essential health services to our community with your usual calm efficiency.*

*To the Doctors, Nurses, Personal Support Workers, Clinical Care Assistants, as well as the Board of Directors, Leadership Team and Dietary, Laundry, Housekeeping, Maintenance, Finance, Administration, Medical Records, Clinical Nutrition, Physiotherapy, Laboratory, Diagnostic Imaging, IT, screening desk, and other staff – your community supports, appreciates and is grateful for your work! THANK YOU!*

*Your local Mayors,*

*Sue D’Eon, Jed Reinwald, Bob Sweet and Debbi Grills*





GOODBYE GARRY!

After 16.5 years at DRDH, Garry Hartlin retired on Friday, May 30. Staff gathered (distantly) in the cafeteria to toast Garry with a McGuire’s donut or two and wish him all the best in his retirement. Garry lead this organization through such a tremendous amount of transformation in the IT world over the last 16.5 years. We hope you enjoy your retirement and we will certainly miss you Garry!



## UNIVERSAL MASKING IMPLEMENTED AT THE DEEP RIVER AND DISTRICT HOSPITAL AND NORTH RENFREW FAMILY HEALTH TEAM



N  
E  
W  
S

R  
E  
L  
E  
A  
S  
E

Effective May 14, universal masking is in effect at the Deep River and District Hospital and North Renfrew Family Health Team. The enhanced protection measure means that all staff, patients, visitors, and persons in the building will be required to wear a mask at all times.

Previously, clinical staff or those interacting with the patient environment were wearing masks. Before May 14, not all patients or visitors have been required to wear a mask.

All persons entering the organization will be screened as before, however, they will now be provided with a mask to wear for the duration of their stay. Individuals are encouraged to wear their own mask from home to conserve personal protective equipment (PPE) for use by health care workers at higher risk. A mask will be provided to any individual who does not have one at the point of entry, or who requires a higher level of protection than the mask they arrive in.

"The implementation of universal masking was done based on a proactive assessment of risk. As the health care industry begins to plan to resume more clinical services, and as the province progressively lifts restrictions, masking of all individuals across the organization assists in minimizing the risk of transmission of COVID-19 to our essential health care workforce," said Janna Hotson, VP Clinical Services and COVID-19 Response Team Lead.

Health Canada has sanctioned and encouraged the use of cloth masks by the public, for 'outward protection', i.e. to protect others from the possible germs of the wearer. The goal of the public wearing masks is to reduce overall transmission of the virus, therefore protecting all of us. Everyone is reminded that Public Health recommends maintaining a distance of 2 meters from others at all times, even when wearing a mask. Hand hygiene and proper use of masks are also essential to maintaining safety. Before a mask is put on, if the mask is touched, adjusted, or removed, hand hygiene should be performed.

The organization has received a number of hand-sewn cloth masks from members of our community, and we are so grateful for the support. If there are additional volunteers willing to donate cloth masks using their own materials, we will gladly accept them. Donated masks can be dropped off in the blue bin located outside of the Emergency Department entrance. Thank you for helping us continue to provide excellent, compassionate health care in the safest way possible.

## Supporting a Co-worker Who May Have Mental Health Concerns

It can be hard to know whether a co-worker's troubling behaviour is just a result of a difficult emotional phase, or a signal of mental illness. Stigma can also make talking about these issues difficult. But turning a blind eye to a mental health concern could deprive someone you know of the support and care they might need.

### WARNING SIGNS

If someone you work with is exhibiting one or more of the behaviours listed below, they might be struggling with a real mental health issue:

- unprovoked emotional outbursts
- obvious personality changes
- problems coping with daily activities and challenges
- major changes in sleeping and eating patterns
- difficulty making decisions, concentrating, or remembering things
- extreme anxiety



### REACHING OUT

In many cases, early intervention in a mental health issue speeds the recovery process. If you've noticed something is wrong but are unsure of how to talk about it, consider:

**Speaking to a manager, supervisor, or human resources (HR) representative.** They may have received specialized training to deal with these situations and may be able to offer the appropriate resources and support.

**Treading carefully.** Discussing the topic of mental health with a co-worker can be highly sensitive. If you feel your help would be welcomed and you're the most appropriate person to talk about the matter, do it privately to avoid creating a situation where your co-worker feels their privacy has been violated or that they are being threatened or put on the spot. Focus on your concern for their well-being and your desire to help and reinforce their value in the workplace.

**Offering information on support services.** If your co-worker seems open to seeking help, you may want to remind them that they can speak to their doctor, a mental health professional, or the assistance program.

**Staying tight-lipped.** If your co-worker shares personal information with you, don't disclose or gossip with others about it. Keep information you've been entrusted with to yourself, unless you're concerned your colleague is a threat to themselves or could harm others.

Talking about the issues of mental health with someone you work with can be difficult, but there are more resources available than ever before. By treading carefully, offering information and support, and letting the person know that you're there to help—and not to judge—you can support them in getting the help they need.

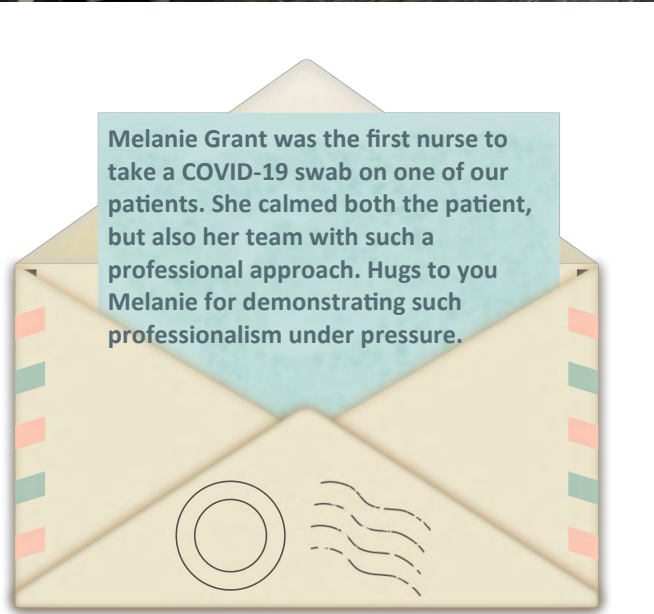
Article from our EFAP Provider: <https://www.lifeworks.com/ca/newsletter-content/supporting-a-co-worker-who-may-have-mental-health-concerns/>

RENOVATIONS—ADMIN & FINANCE

Throughout the month of May, the finance and administration area was renovated and staff members were relocated to temporary offices while work was being done. The department has now been reconfigured to have finance at the front with easy access for patients, to have greater accessibility, and to have a home for William (finally). The carpet also got a much needed upgrade (remember when that sewer backed up a few years ago?....) Below are some ‘in progress’ and ‘after’ shots of the renovation!



RENOVATIONS—ADMIN & FINANCE

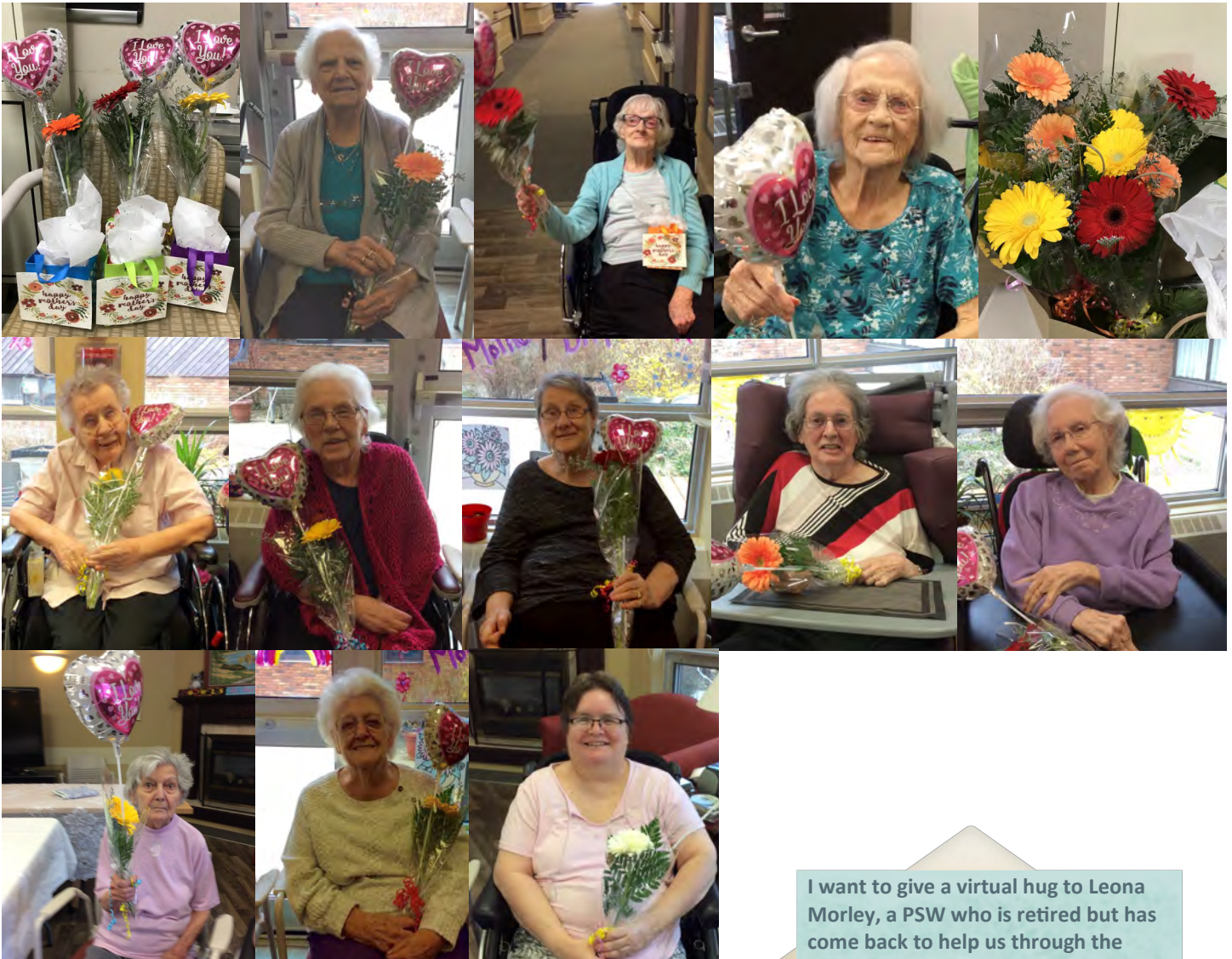


Melanie Grant was the first nurse to take a COVID-19 swab on one of our patients. She calmed both the patient, but also her team with such a professional approach. Hugs to you Melanie for demonstrating such professionalism under pressure.

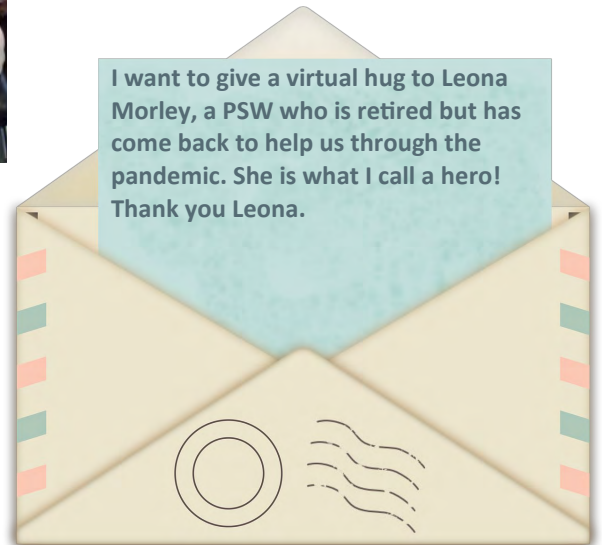


# MOTHER'S DAY

From the donations we received from staff members and our community from the "adopt a mom or grandma" post on Facebook, we were able to put together Mother's Day gifts for ALL the moms and grandmas on both the Medical Floor and in the Four Seasons Lodge. Thank you so much to everyone who helped make Mother's Day so special for our inpatients and residents while visiting is restricted.



I want to give a virtual hug to Leona Morley, a PSW who is retired but has come back to help us through the pandemic. She is what I call a hero! Thank you Leona.



FOUR SEASONS LODGE NEWS

Celebration in isolation!

The Four Seasons Lodge threw a party in early May to celebrate the birthday of a special Resident. It is unfortunate that no visitors could be invited, but on the bright side - the Residents didn't have to share that delicious birthday cake!



Residents got crafty on May 6 painting some signs to share some positivity!



Heather Perry deserves hugs for her gigantic heart, and how much she cares for all of her patients. Hugs to Heather for her dedication to her patients and for caring for the whole person.



On May 21, Residents baked up a chocolate cake from a recipe submitted through the "Taste of Home" program.

If you have a recipe you would like to submit, please share it with Allie at [allison.lepack@drdh.org](mailto:allison.lepack@drdh.org)



FOUR SEASONS LODGE NEWS



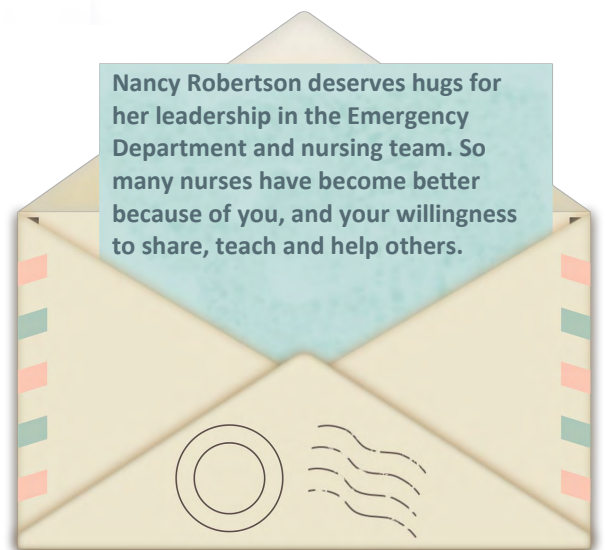
Hope for the future is at the heart of all gardening!



Have you "liked" the Four Seasons Lodge Facebook page and seen these videos yet?



<https://www.facebook.com/Four-Seasons-Lodge-101720781486008>



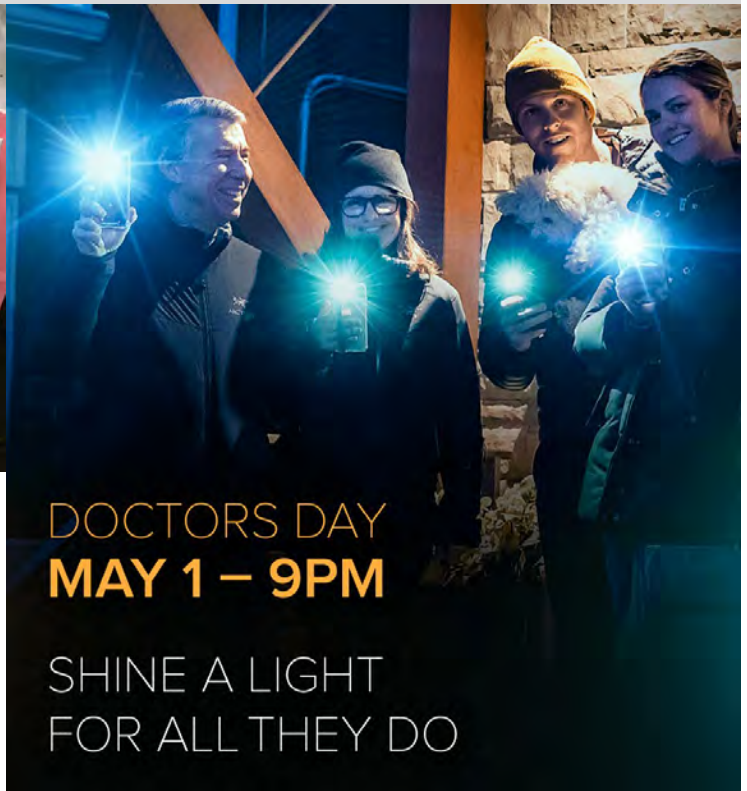
Nancy Robertson deserves hugs for her leadership in the Emergency Department and nursing team. So many nurses have become better because of you, and your willingness to share, teach and help others.



HAPPY DOCTOR'S DAY



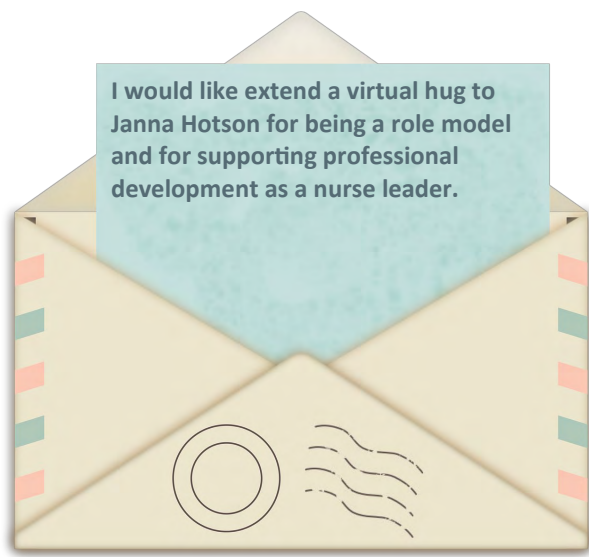
Doctors' Day occurs every year on May 1 to highlight and celebrate doctors' expertise and dedication to patient care. The Ontario Medical Association organized a special moment so we could all come together from a distance, and participate in celebrating doctors. Everyone was asked to shine a light on May 1 at 9:00 pm for our doctors and everything that they do.



*happy doctor's day*

VISITORS FROM ST. FRANCIS

On May 1, a special visit was made from folks at the St. Francis Memorial Hospital in order to tour the Infection Prevention and Control measures that are in place in our Emergency Department.



SOCIALLY DISTANT BBQ



On May 6, a staff appreciation BBQ was held for all staff. The BBQ looked a little different than usual, and meals were delivered to staff through the use of order forms and much organization! *Note: this BBQ was held before universal masking was implemented.*



James Elliott deserves hugs for his sense of humor, and for his dedication to making sure we are all ok, still smiling and laughing when we can during this crazy time.

MUFFIN DU-JOUR

The kitchen is happy to be able to continue making muffins available for purchase in the cafeteria. To prevent transmission risk, muffins are individually wrapped.

A reminder that muffins are \$0.50 each. As the kitchen is not accepting cash at this time, please write your name and order on the whiteboard on the wall next to the Keurig machine and the cost to be deducted from your pay. (Ex. Angela Z. – Muffin). This also helps us estimate how many muffins we need bake daily and manage production to reduce food waste.

Please come by the cafeteria to see what is the muffin-du-jour!



WARNING—WARNING

IT would like everyone to be aware of a number of scams and phishing emails going around right now with COVID-19 related 'bait'. Please be conscious of the emails and texts you are receiving, and do not click on anything that seems suspicious. If you are unsure, please contact IT.

'DO NOT click the link'; Police warn of scam COVID-19 text messages

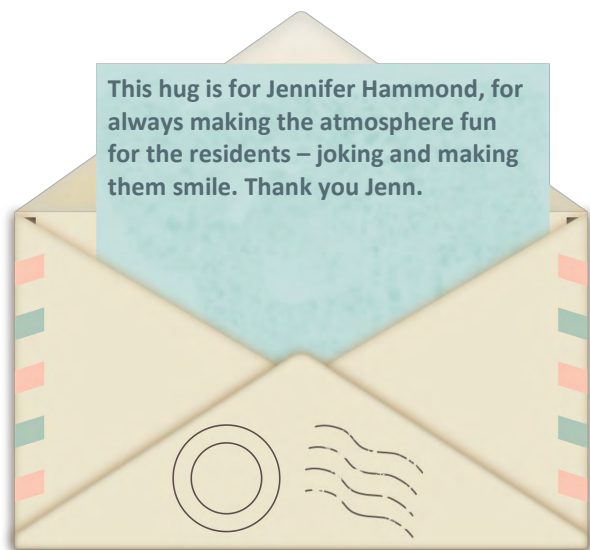


COVID19 PALLATIVE (INVSETMENT OPPORTUNITY)



KEEP CHECKING THE DAILY UPDATES!

Please continue to refer to COVID Update emails from Janna Hotson, or other memos, for the latest information, updates, and direction related to COVID-19. With the situation evolving so rapidly, any COVID-19 related information in this Zinger may be incomplete or out of date.



These daily update emails are being saved on PolicyMedical for staff under Communications and Memos —> All Staff Memos —> 2020-2021.

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.

The Deep River and District Hospital receives funding from the Champlain Local Health Integration Network (LHIN). The opinions expressed in this publication do not necessarily represent the views of the Champlain Local Health Integration Network.