

North Renfrew
Family Health Team

THE ZINGER

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

November 2020



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MANDATORY EDUCATION—DUE NOVEMBER 30, 2020

Education for the month of November has been assigned as below, with a due date of November 30th, 2020. If you have any questions please let Tabitha Kearney know:

All Staff

Ethics

Managing Anxiety and Stress (please note the contact information is for the U.S. not Canada, the Renfrew County Mental Health Crisis can be reached at 1-866-996-0991 for 16 and older and 1-877-377-7775 for 18 and younger)

Self-care during COVID-19

Medical and Long Term Care RPNs

RPN Leadership Course (sent via email)

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FOUNDATION NEWS—SO CLOSE TO REACHING OUR GOAL!



With enormous excitement, the members of the Deep River and District Hospital Foundation’s Major Campaign team met at the thermometer displayed at the entrance to Deep River on Friday, November 20th. They ungraded the display to reveal that **the Foundation has now reached 95% of the \$1.75 million fundraising goal!**

With ongoing support from their generous donors & supporters, the Major Campaign team has been able to raise \$1.66 million to pay for new and upgraded diagnostic imaging equipment and renovations.

FOUNDATION NEWS—TRIM THE TREE

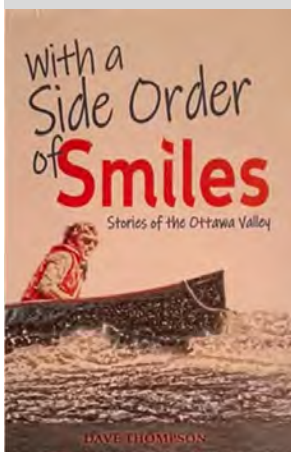


Trim The Tree is an annual fundraiser that is paired with the Christmas tree lighting at town hall. This year due to COVID-19, we have created an online Christmas tree that you can help decorate.

Simply donate or recognize a loved one with a gift that will support our hospital. Money raised goes to the hospital's "Focused on You" Major Campaign.



FOUNDATION NEWS—WITH A SIDE ORDER OF SMILES



Dave Thompson, a local well-known resident has just published a collection of short stories about his adventures while enjoying many sporting activities around the area. A transplanted, unabashed, Irishman, Dave brings wit and charm to activities he has engaged in with friends and family. The short stories are found in a delightful book entitled, *With a Side Order of Smiles*. A copy of the book is available through an on-line purchase for \$20. **ALL the proceeds from the sale of the books are graciously donated by Dave to the Deep River and District Hospital Foundation.**

Click here to purchase a copy of the book:



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NEW HIRES



Jessica Mackinnon



Philip Keyes

We are pleased to welcome three new members to our team this month. **Jessica** will be working in Dietary, and **Philip** will be working in the IT Department as a Network and System Administrator. We are happy to have you both!

welcome

We also welcomed **Jenny Hickson** to our organization this month in the role of Director of Care and Clinical Manager. Jenny is an experienced leader who brings a wealth of experience and knowledge in healthcare and long-term care to our organization.

Jenny will be focusing her initial efforts when she joins us on supporting long-term care operations. Please join us in welcoming Jenny to the organization!



Jenny Hickson

HAPPY BIRTHDAY OLEG!



Happy Birthday

Earlier this month, Oleg Sydiak—one of our new IT staff members, celebrated his first birthday since joining our team. Happy Birthday Oleg!

MRT WEEK—November 8-14, 2020



A socially distant all-staff BBQ was held on November 10 in order to celebrate our Medical Radiation Technologists and the essential role they play in the healthcare system. Pictured above are two of our fantastic MRT's—Christina Litviak, MRT (left), and Pierre Turenne, MRT and Charge Technologist (right).

FINANCING AND ACCOUNTING WEEK—November 22-28, 2020



We celebrated Finance and Accounting Week with some cake and coffee on November 25, 2020. All staff were encouraged to provide a shout-out (from afar) to the best group of number crunchers around! Pictured here, from left to right, is high school co-op student Catherine Parell, Ian Wilkie, Tammy Blimke, William Willard, and Morris Graham.



CNL & DEEP RIVER AND DISTRICT HOSPITAL SUPPORT PUBLIC HEALTH

Canada's national nuclear laboratory donates resources to help Deep River and District Hospital establish COVID-19 testing centre and administer flu clinics

N E W S R E L E A S E

Chalk River, ON – November 19, 2020 – Canadian Nuclear Laboratories (CNL) and the Deep River and District Hospital (DRDH) are pleased to announce that a new COVID-19 testing centre has opened on the hospital grounds to provide a safe, secure, and isolated location for local residents to access COVID-19 testing this winter. The hospital hosted its first testing day on Tuesday, November 17, where testing was administered in a trailer that was donated by CNL.

Prior to the new trailer, COVID-19 testing in Deep River had been carried out in an outdoor setting, a situation that was unsustainable with the winter weather approaching. The new trailer enables the hospital to maintain testing outside of their main building, keeping suspected cases outside of the hospital, while ensuring ongoing testing availability within North Renfrew at a warm and safe testing site.

With the COVID-19 pandemic becoming increasingly active in communities across Renfrew County, local health officials are also working hard to make the flu vaccine more accessible this year. With that goal in mind, the two organizations are also working with the Renfrew County and District Health Unit to host flu clinics in the communities of Deep River, Chalk River, and Stonecliffe, which includes a clinic being held at CNL's Morison campus.

"The COVID-19 Pandemic has affected everyone in our local communities, and we must all come together to help support public health officials confront this dangerous virus," commented Rosetta McGirl, the Medical Supervisor of CNL's Health Centre. "Donating this equipment and making our facilities and personnel available to help administer the flu shot is something significant that we can do to help protect the local community. On behalf of CNL, I'd like to extend our thanks to the healthcare workers at the Deep River and District Hospital and across Renfrew County who are on the front lines of this battle against COVID-19."

"Existing healthcare resources have been strained by the COVID-19 Pandemic, creating the need to work alongside local organizations to support our communities," said Janna Hotson, DRDH's Vice President of Clinical Services. "The Deep River and District Hospital is grateful to Canadian Nuclear Laboratories for their willingness to work together on unique solutions to care for our community during this time. The resources that CNL has contributed will be instrumental in supporting our goal of providing critical health services locally. The organization would like to extend a sincere thank you to CNL for their support, which helps ensure that members of our community can receive excellent, compassionate health care close to home."

Continued on next page...

The new COVID-19 testing center will support all COVID-19 testing for Deep River and the surrounding area as scheduled through the Renfrew County Virtual Triage and Assessment Centre (RCVTAC), since their paramedic COVID-19 testing programs no longer extend to Deep River. Residents seeking COVID-19 testing at the DRDH can contact RCVTAC at 1-844-727-6404 to register for testing. The hospital will use this facility to conduct community testing, as well as ongoing testing of health care personnel.

The DRDH is encouraging local residents to get the flu vaccine this year, something which is more important than ever given the COVID-19 Pandemic. In addition to the trailer for COVID-19 testing, CNL is also providing access to its Morison Campus in Deep River for a flu clinic, as well as the support of its nursing staff to administer flu shots at Morison and other clinics in Chalk River and Stonecliffe. Residents are asked to visit www.drdh.org for exact flu clinic times and locations.

CNL and the Deep River and District Hospital continue to ask local residents to follow the guidance of local health officials to help prevent the spread of COVID-19 within our local communities. Please continue to limit social gatherings, exercise strong sanitary habits, wear a mask, and maintain physical distancing, wherever possible. These small acts can have a meaningful impact in protecting your family, friends, and neighbours. For additional guidance, please visit www.rcdhu.com.

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See pages 8-11 for more photos of the COVID-19 testing centre as well as photos of the flu clinics!

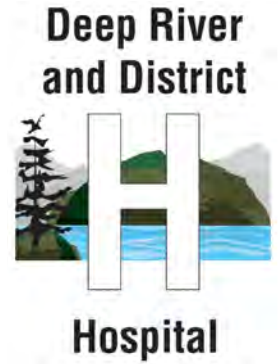
COMMUNITY FLU CLINICS



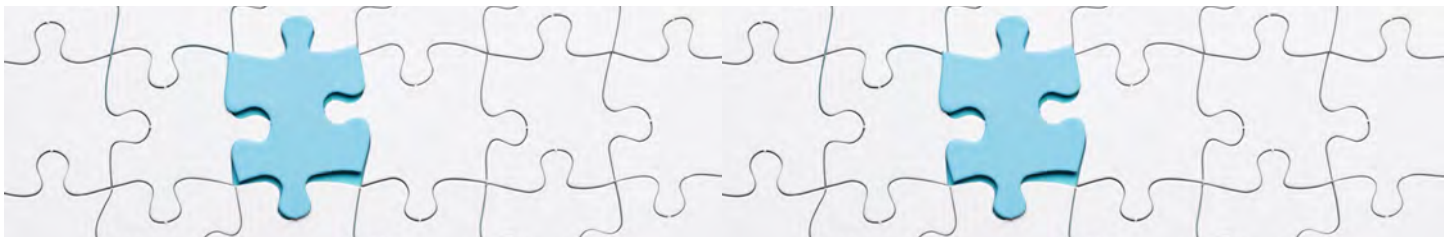
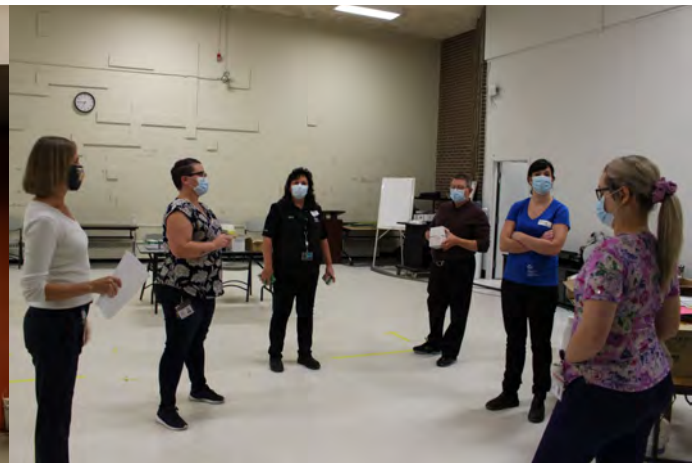
Renfrew County and District Health Unit



Canadian Nuclear Laboratories
Laboratoires Nucléaires Canadiens



Our organization, in collaboration with partners at CNL, Algonquin College, and local municipalities has hosted 4 community influenza clinics in November. The goal of clinics was to create broad access to our local community for influenza immunization, assist our partners at Public Health with managing delivery of immunizations during the pandemic, and improve overall population health through the COVID-19 pandemic. **Through this partnership, over 500 immunizations were provided to our community!** We were also able to assist nursing students in gaining clinical hours and valuable clinical experience. Thank you to everyone who supported the planning and delivery of the clinics, and this unique, first time collaborative effort for our organization!



COMMUNITY FLU CLINICS



DEEP RIVER November 19 / 20



DRDH's Serena Sampson, RN, prepares influenza vaccine for administration



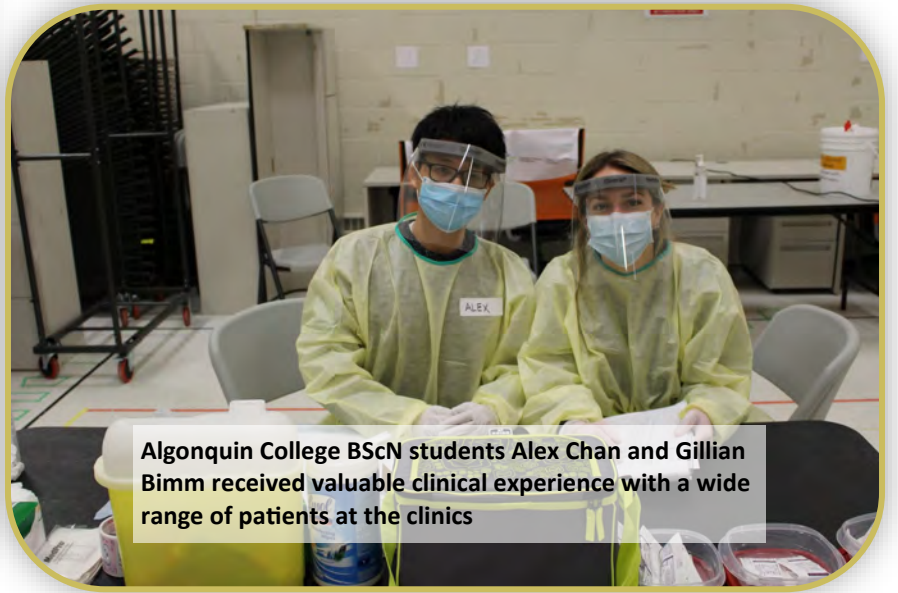
DRDH's Tabitha Kearney, RN, and DRDH's James Elliott, RN, all ready for the first clinic to begin at Morison Campus!



John Steer received his vaccine from Karry Giroux, RPN from Canadian Nuclear Laboratories



DRDH's Alana Hawley, RN, and CNL's Eliisa Plouffe, RN on clinic day 2

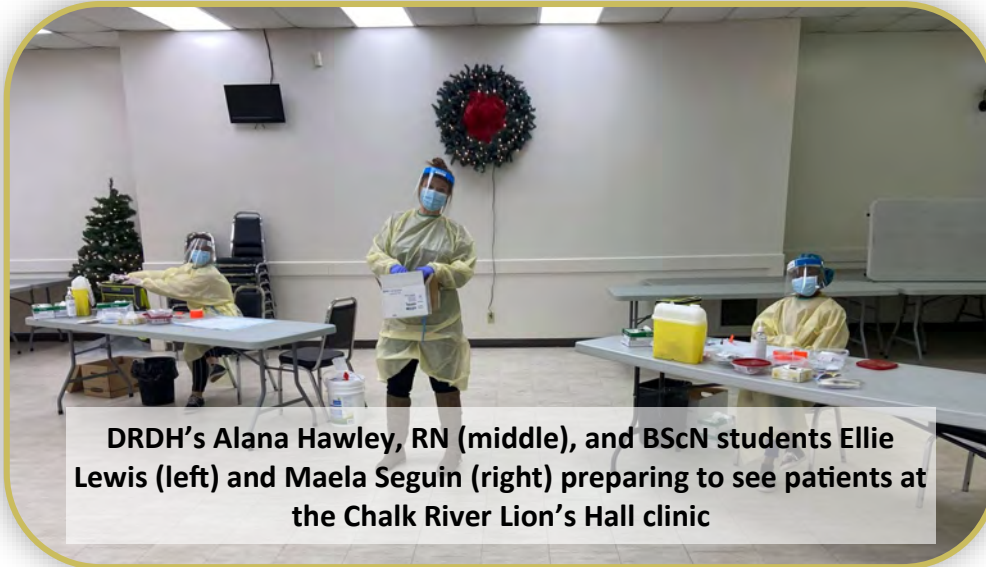


Algonquin College BScN students Alex Chan and Gillian Bimm received valuable clinical experience with a wide range of patients at the clinics

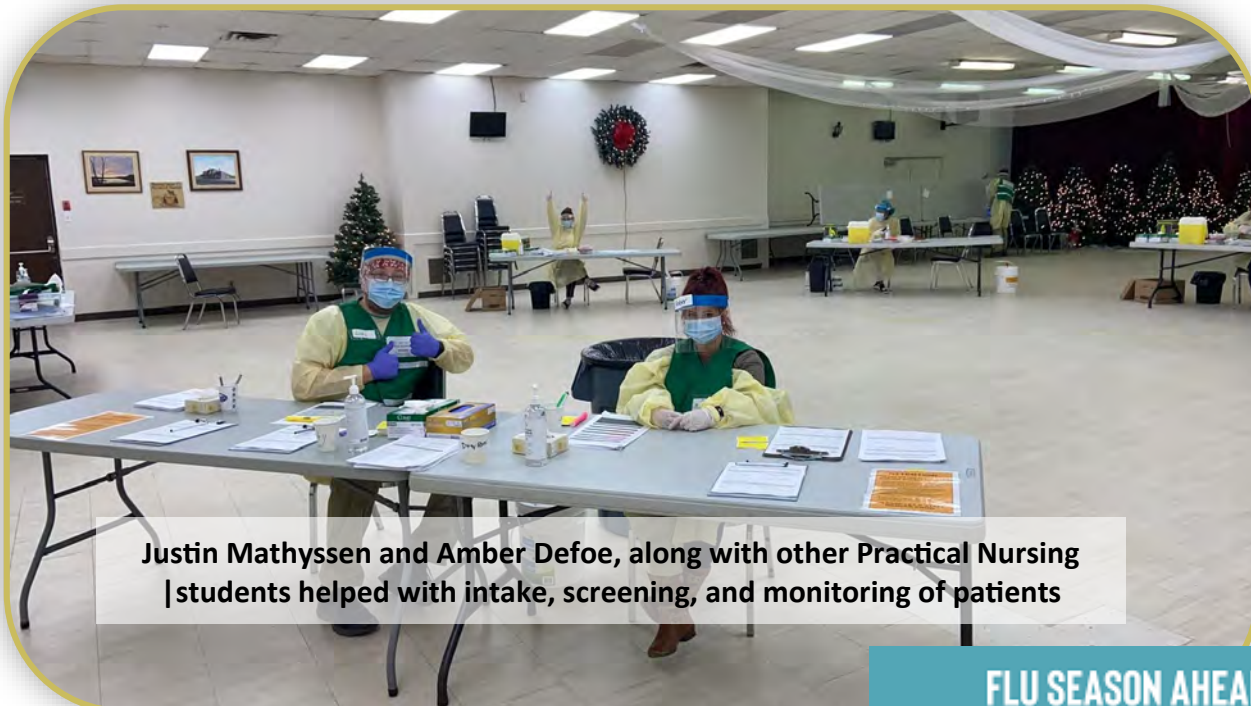
COMMUNITY FLU CLINICS



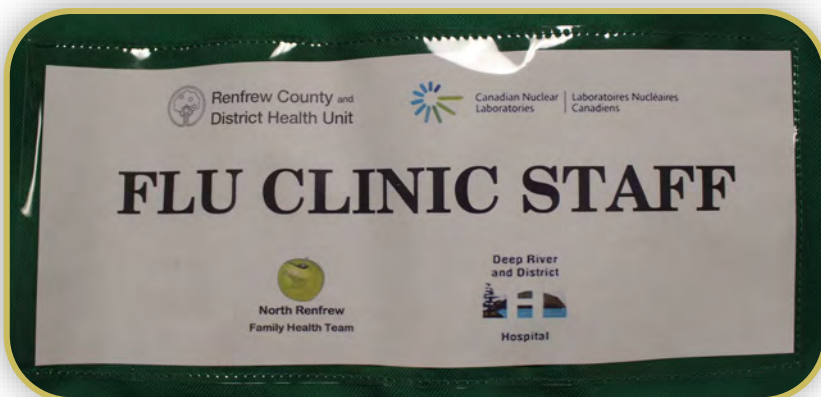
**CHALK RIVER
November 21**



DRDH's Alana Hawley, RN (middle), and BScN students Ellie Lewis (left) and Maela Seguin (right) preparing to see patients at the Chalk River Lion's Hall clinic



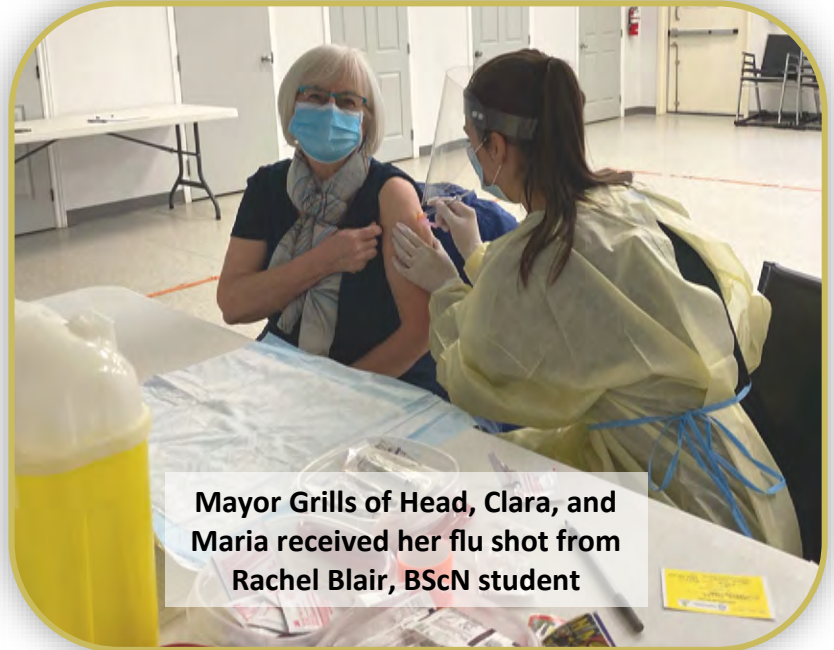
Justin Mathysen and Amber Defoe, along with other Practical Nursing | students helped with intake, screening, and monitoring of patients



COMMUNITY FLU CLINICS



STONECLIFFE
November 23



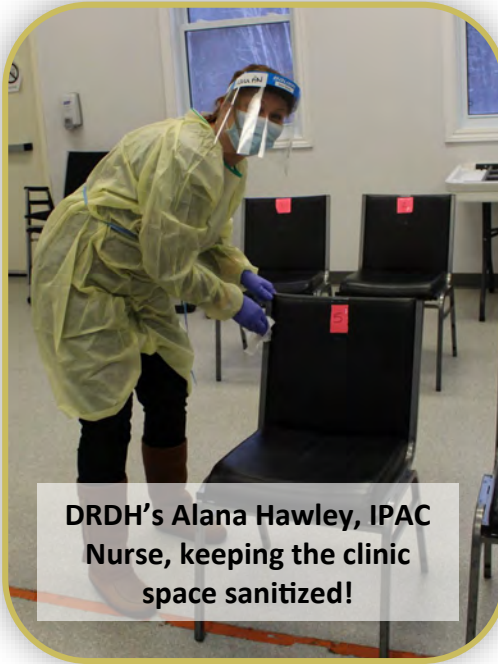
Mayor Grills of Head, Clara, and Maria received her flu shot from Rachel Blair, BScN student



Jim Gibson received his flu shot from Isabelle Makula, RN student



DRDH's Janna Hotson, CNE, all ready for patients at the Township Hall in Stonecliffe



DRDH's Alana Hawley, IPAC Nurse, keeping the clinic space sanitized!



Algonquin College BScN students Rachel, Nichole, and Isabelle pictured on the thirds and final clinic day

COVID-19 TESTING CENTRE



COMMUNITY COVID-19 TESTING NOW AT DRDH!



Canadian Nuclear Laboratories very generously donated both a trailer and a generator that have been set up in our parking lot to act as a COVID-19 testing centre. The trailer was delivered by driver's Kenneth Cliché (left) and Vaughn Kirk (right) on October 28.

Our organization worked with Renfrew County Paramedics to determine how to best set-up our COVID-19 testing centre to ensure the safety of both staff and patients. Pictured here, from left to right, is Tabitha Kearney—Clinical Manager, Matt Stanfield—Community Paramedic, Janna Hotson—CNE, and our IPAC Nurses Alana Hawley and James Elliott.



COVID-19 TESTING CENTRE



To ensure the continued availability of COVID-19 testing in Deep River, our organization is now acting as a testing collection site for the Renfrew County Virtual Triage and Assessment Centre. COVID-19 testing for members of the public is currently taking place at DRDH twice a week.

To schedule a test, you must call RC VTAC at 1-844-727-6404 to book your testing time. When you arrive at the time of your appointment, please park across from the trailer and wait in your

vehicle for the green flag to be displayed in the trailer window before proceeding in.

COVID-19 testing for staff and symptomatic household contacts remains available through Occupational Health by calling the Staff Call-in Line.

Pictured above, from left to right, getting ready for our first testing day on November 17 is Michelle Govereau— Admin Support, Alana Hawley—IPAC Nurse, James Elliott— IPAC Nurse and Matt Stanfield— Community Paramedic. Pictured below, during our second testing day is Amanda Chartrand— Housekeeper (left) and Tabitha Kearney—Clinical Manager (right).



RESPIRATORY OUTBREAK CLEARED AT THE FOUR SEASONS LODGE

Public Health declared the outbreak of respiratory illness in the Four Seasons Lodge Long-Term Care to be over on October 29. Testing was completed to confirm that the illness was not COVID-19 or influenza. All of our residents' symptoms have fully resolved, and the incubation period has ended.

The Four Seasons Lodge would like to thank everyone for their cooperation during the outbreak as precautions were put in effect to prevent further spread of the illness. The organization would also like to extend thanks to all of our staff who worked diligently to limit the spread of infection and ensure our residents remain safe and healthy.

Since the respiratory outbreak has been declared over, limited visiting has been resumed. In the Four Seasons Lodge, residents may have 2 designated visitors, and only one visitor may come at a time unless both visitors live in the same home. Any visitors coming to the Four Seasons Lodge for an indoor visit are required to be tested for COVID-19 within the last 14 days. At this time, testing remains available through the Renfrew County Virtual Triage and Assessment Centre's (RC VTAC) rotating outdoor drive-through clinics, by appointment only.

Window and virtual visits continue to be encouraged, and can be coordinated directly by calling the Four Seasons Lodge at 613-584-3333 ext. 7305.

Visiting policies at the Four Seasons Lodge may be adjusted as necessary to keep the safety of residents and staff at the forefront.

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PATIENT AND FAMILY ADVISORY COUNCIL INVITING NEW MEMBERS

The Deep River and District Hospital, Four Seasons Lodge, and North Renfrew Family Health Team are turning to our communities to provide insight on patient and resident needs in relation to the ongoing COVID-19 pandemic, and beyond. The Patient and Family Advisory Council is inviting new members to share their ideas, and to do so safely from the comfort of home.

The Patient and Family Advisory Council serves in an advisory capacity, providing feedback and input related to the experience of patients, residents, and their families at the Hospital, Four Seasons Lodge, and Family Health Team. Members of the Council share ideas on how to improve the patient / resident experience, advise on strategies to enhance partnerships with patients, residents, family members, and caregivers, as well as provide input into the annual Quality Improvement Plan.

Over the last year, the Council accomplished a number of goals, including providing recommendations on communications systems in the care environment, as well as input into education and safety information. The Council also assisted in the development of the 2020-2021 Quality Improvement Plan, and helped the organization prepare for the accreditation process.

Advisors act as advocates for the patient / resident and person-centered healthcare in the community, while understanding how to become an active participant in their own healthcare and provide critical guidance to support the delivery of quality services.

“Patients, residents, and families are at the center of their care, and we as caregivers are part of their experience. Providing care as a clinician or healthcare organization is not the same as the experience of patients, residents, and families. To better understand the experience of receiving care and improve on it, both perspectives are needed,” shared Janna Hotson, Vice President of Clinical Services and Co-Chair of The Patient and Family Advisory Council. “Patient and Family Advisors provide a key perspective on the experience of healthcare, and through sharing their unique perspectives and input, they help to improve the next patient, resident, or family member’s journey”.

For the 2020-2021 year, the Council has determined that their main goal will be to provide insight into community, patient, and resident needs in relation to the COVID-19 pandemic. In order to provide this insight, the Council is hoping to have representation from a diverse group who represent the various communities served by the organization.

The volunteer members of the Council serve for a three-year renewable term and meet an average of four times a year. In order to reduce possible transmission of the COVID-19 virus, meetings of the Patient and Family Advisory Council are now virtual. Joining the Council has never been more convenient, as Members can now participate and share their ideas safely from the comfort of home.

The Patient and Family Advisory Council is seeking new members to share the patient and resident voice throughout the organization. To serve as a volunteer Member of the Patient and Family Advisory Council, please submit your expression of interest to Amy Joyce by email at amy.joyce@drdh.org or by phone at 613-584-3333 x 7100.

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FIT TESTING

On November 10, staff from Canadian Nuclear Laboratories (CNL) were onsite to provide quantitative N95 fit testing for designated staff members. At this time, our organization does not have our own quantitative fit testing equipment, so we are so grateful to our partners at CNL for working with us to ensure our staff are fitted as accurately as possible.



eCTAS— DELAYED, BUT STILL COMING SOON(ish)!

Back in September, we announced that eCTAS would be coming to an Emergency Department near you (i.e. this one) in February 2021. However, since that time, it has been discovered that the implementation requires some significant work to be done to Anzer. With our coming transition away from Anzer, to the Epic Hospital Information System, it wouldn't be a responsible use of our resources to do work on Anzer so close to it's discontinuation. As such, the implementation of eCTAS will be deferred until our "go live" with Epic.



FACE SHIELDS / EYE PROTECTION UPDATE

In response to increasing asymptomatic, community spread of COVID-19, all staff in identified high risk areas are to use universal eye protection.

Either face shields or goggles may be used as eye protection, provided they have been reviewed/ approved by the organization's IPAC/Occ Health.

All staff will be allocated a washable/reusable Bauer face shield for their personal use and care while at work. Bauer face shields are available at the screening desk, and must be signed out when allocated.

Cleaning and care of personal face shields is the responsibility of the staff member. Cavi spray or other hospital grade disinfectant are recommended after each use. To assist with removing any residual film from these cleaners, the shield may be washed with soap and water (dish soap) following disinfecting.

Universal eye protection applies to all staff and physicians working in or entering the Emergency Department, Diagnostic Imaging, Laboratory, Medical floor, Family Health Team, and Four Seasons Lodge. Non-front line/patient facing staff, who enter these patient care areas are also expected to don eye protection while interacting with staff in these areas.

To clarify where to use universal eye protection, areas throughout the organization have been designated as "high risk" or "low risk". Floor signage has been placed throughout the organization to help cue when to apply universal eye protection (yellow zones), and when it can be removed (green zones). This may continue to be adjusted as we adapt to the new protocols – thank you to everyone for their feedback, patience and great ideas on how we work with increasing use of PPE in our daily work.

Storage for universal eye protection is in place in service hallway, outside of the employee entrance, so that staff may store their personal eye protection there when they are leaving work (as an alternative to those that do not have personal lockers or hangers in their work area). Hooks are also available to hang personal face shields on in between use, in lockers, offices, departments, or wherever it is most applicable for each staff/department.

Disposable face shields are available for visiting physicians, which may be discarded at the end of their shift. Visitors, including patient visitors or administrative visitors (Board Members, those visiting for meetings) are not required to wear universal eye protection as this measure is designed to protect staff from transmission risks.

The new COVID-19 Universal Eye Protection policy is now available on PolicyMedical.



It might not be approved by IPAC / Occ Health, but Louis Willard sure looks cute testing out his homemade eye protection!

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Taking Control of Seasonal Blues

Experiencing low mood in the cold dark months of the year has long been recognized as a real phenomenon affecting many. This pattern had, for many years, been known as seasonal affective disorder (SAD). While rates have been estimated to be just under 10% in the general population, many more individuals are affected by subclinical levels or seasonal blues.

How do I know if it's seasonal depression?

Seasonal depression is triggered by seasonal changes (e.g., less sunlight, shorter daylight), which leads to a biochemical imbalance in the brain. If it's seasonal depression, several telltale signs include feeling sad or depressed, experiencing decreased interest in activities, energy, and the ability to concentrate, and also sometimes experiencing changes in appetite and sleep (usually eating and sleeping more). Some individuals also have some suicidal thoughts.

How can I manage seasonal blues?

Managing seasonal blues requires you to take action and ownership of your mental health. When you take action, it shakes up the inertia that often sets in this time of year. This, in turn, sets off a chain reaction in us and can help break us out of the cloud of "winter doldrums" as well as a full-blown depression with a seasonal pattern. Here are some suggestions on how to "activate":

Find the light: During the winter months, many people notice they become sensitive to the effects of less exposure to daylight. To counter this, you'll have to seek out opportunities for daylight. Make sure blinds are open while inside during daylight, and seek the outdoors regularly, particularly early in the day. The dose of sunshine can become an instant boost.

Make a commitment to yourself: Commit to yourself to stay active and engaged. Whatever it is that sounds engaging, make a date with yourself, and then follow through. Bundle up and take a walk outside in the woods (with snowshoes, if necessary). This suggestion has the added benefit of natural light exposure, as well, of course.

Reach out to others: Holiday gatherings may seem like distant memories and the cold often creates a sense of increased isolation, either real or perceived. It is likely that others you know are feeling the same way. Reaching out to others can be a fantastic thing to do, both for them and for yourself.

Regardless of whichever strategies you try, now is the time to take action!

Article adapted from LifeSpeak: <https://wellness.lifespeak.com/expertblog/4157>



DRDH CAFETERIA CLOSED TO PATIENTS AND VISITORS

With an increasing number of COVID-19 cases in the area, the Deep River and District Hospital is taking additional precautions to help reduce transmission risks across the organization to safeguard the health of our patients, staff, and the community.

Among other additional safety precautions being implemented is the closing of the cafeteria. Effective today, the cafeteria in the Deep River and District Hospital will be closed to patients and visitors.

Patients and visitors are reminded to remain in designated areas and not travel throughout the organization. Patients and visitors are also reminded to wear a mask that securely covers the nose, mouth, and chin and is in contact with the surrounding face without gaping. Please note that during the screening process, an alternate mask will be provided to any individual who requires a higher level of protection than the mask they arrive in. Persons entering with a face covering (i.e. bandana, face shield, etc.), rather than a mask, will be provided a mask at the screening desk as per organizational policy.

Those entering the organization are also encouraged to continue to wash their hands frequently and practice physical distancing from others wherever possible. Hand washing and physical distancing remain important efforts against the spread of COVID-19, and also against the spread of other illnesses such as influenza.

When on-site at the Hospital or Family Health Team, you may notice additional COVID-19 safety measures in place, such as staff wearing face shields in addition to masks and other items of personal protective equipment.

The organization would like to extend thanks to our community for their continued cooperation and compliance with the precautions being implemented to keep us all safe and free from illness.



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OTTAWA HEALTH CAREERS

ottawahealthcareers.ca

EN | FR



1000 +
Healthcare Careers
Available in Ottawa

Job Postings by Employer

[Select]



DRDH is excited to be part of a regional effort to promote Eastern Ontario as a great place to work in health care. Check out the new website - www.ottawahealthcareers.ca - that has been launched in partnership with hospitals, labs, and long-term care homes across the region. Job seekers will then be connected to our website, www.drdh.org/hr, for DRDH-specific jobs. Please help us to share this news!

LOCKER UPGRADE!



BEFORE



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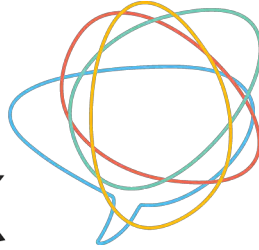


With Infection Prevention and Control considerations in mind, the lockers in the staff change rooms have been replaced. The new lockers allow for more staff members to store their outerwear and street clothing in a space that is away from patient care areas.

DIGITAL WELLNESS PLATFORM

This year more than ever, the holidays will be a source of stress and loneliness for many. Many of us are experiencing these feelings in an amplified way due to the pandemic. LifeSpeak is a wealth of information at your fingertips to help you move through these emotions, with expert-led content such as [Practicing Gratitude](#), [Taking Control of Seasonal Blues](#), [The Power of Acceptance](#), [Resilience Strategies: Practicing Self-Compassion](#) and [Living with Loneliness](#).

Also, you won't want to miss the next Ask the Expert webchat session **Managing Relationships or Solitude During the Holidays** on December 16th at noon ET with expert Allison Villa. Add it to your calendar [here](#). To access the full LifeSpeak library, [CLICK HERE](#).



To access the links one only needs to enter "Deep River...", the name of the hospital will populate and click Submit.

LIFESPEAK

EMPLOYEE AND FAMILY ASSISTANCE PROGRAM

What is EFAP?

EFAP is a confidential and voluntary support service that can help you take the first step toward change. You and your immediate family members can access immediate and confidential support in a way that is most suited to your preferences, comfort level and lifestyle.

What should I contact EFAP for?

Solutions for your work, health, and life that will help you to: achieve well-being, manage relationships and family, deal with workplace challenges, and tackle addictions

How are services provided?

In-person counselling, Telephonic counselling, E-Counselling, Video counselling, Online Group Counselling, First Chat (Chat instantly with a counsellor online), Online program and self-help counselling

What is the cost?

There is no cost to you or your family to use your EFAP. This benefit is provided to you by your employer.

Who will know that I contacted EFAP?

EFAP is completely confidential within the limits of the law. No one, including your employer, will ever know that you have used the program unless you choose to tell them.

EFAP can be reached at
1-844-880-9142



This coming holiday season will be like no other, and we want to recognize how tirelessly all of our staff and physicians have worked over this past year. The organization has been busy planning something very special and we can't wait to share it with you. Since we cannot get together this year for festive fun in person, we are excited to announce DRDH's...

12 DAYS *of Christmas*

We will be giving away some awesome gifts to all our staff members and physicians leading up to Christmas! Each day, a number of staff will have their names drawn, and winners will receive a gift card to one of the local businesses in our area. The 12 Days of Christmas will allow us to safely provide all staff with a small token of appreciation for their dedication, in lieu of a Christmas Party, as well as to help support local businesses who may be struggling this year. Keep an eye out for a daily email to announce the winners beginning December 7. Don't worry—there will be something for everyone!

If we are lucky, Santa just might add in some other give-aways, since he knows how good we have all been this year. Stay tuned for more information!



COMING SOON

COVID-19 IN OUR COMMUNITY: A REMINDER FROM JANNA HOTSON, CNE

Community spread of COVID-19 is increasing in our local area. It is likely that we will continue to see more patients, family members and staff who have symptoms or who have been in contact with positive or presumed positive cases of COVID-19.

In light of the COVID-19 (coronavirus) pandemic, and the fact that the seasonal influenza (flu) virus may also be widespread, we are taking proactive steps to address a number of concerns. First and foremost, we want to maintain a safe workplace and encourage and/or adopt practices protecting the health of employees, patients, residents, visitors or others. We also want to ensure the continuity of business operations during this pandemic.

We ask all employees to cooperate in taking steps at work and at home to reduce the transmission of communicable diseases in the workplace. Employees are reminded of the following:

Avoid people who are sick with respiratory symptoms.

Clean frequently touched surfaces.

Cover your mouth with tissues whenever you sneeze, and discard used tissues in the trash

Stay home when you are sick

Wash your hands frequently

As we approach our work today and every day going forward, it is important to keep in mind that we must keep a close eye on the health and capacity of our teams to assure we are all at the top of our game, supporting one another, leading with humility and being respectful of everyone. The way we lead through these challenging times is every bit as important as the critical actions we will take in the days to come. We encourage everyone to take very seriously the guidance we have received around social distancing and self-isolation. These measures although extreme, may ultimately save lives and allow us to truly care for the people who will need us in the coming months.

A NOTE OF THANKS

The Auxiliary would like to send a message of thanks to all the staff for shopping at the staff-only Gift Shop sale on November 5-6-12 and 13. We appreciate your support and thank you all sincerely!

thank you

KEEP CHECKING THE COVID-19 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.

These 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.