

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 2021

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**DEEP RIVER TO
WELCOME TWO
NEW DOCTORS!**

*SEE PAGES 2-3
FOR THE FULL STORY!*



DEEP RIVER TO WELCOME TWO NEW DOCTORS!

The Deep River and District Hospital (DRDH) is thrilled to be welcoming two new physicians to our community.

Dr. Peter Ceponis and Dr. Michael Sage will both be coming to Deep River in the fall of 2021, adding to our community's complement of family physicians.

Dr. Ceponis will be taking over for Dr. Terry McVey, who recently announced that after 33 fulfilling years, he will be retiring from his office-based family medicine practice at the end of this summer. Along with Dr. Ceponis, Dr. Sage will also be joining the

'Family Health Organization' physician group which includes Drs. Bushby, Greenfield and Noulty.

To put your name on the waitlist for doctors accepting new patients in our area, please call Health Care Connect at 800-445-1822 or click here to visit the Health Care Connect website. Dr. Ceponis will be assuming care for existing patients of Dr. McVey, and will not be taking on any additional patients at this time.

Although Dr. McVey is retiring from his family medicine practice, he will continue to provide care for residents of our local Long-Term Care homes, in-patients at the Deep River and District Hospital, and will continue his work as a Coroner for Renfrew County.

Dr. McVey's nurse, wife, and partner, Lauren McVey will be staying on for a period of time to aid in the transition for Dr. Sage, Dr. Ceponis, and Courtney Ceponis, before entering into a well-deserved retirement herself. Courtney Ceponis, a Registered Dietitian, will be assuming Lauren's role within the practice.

Both new physicians may be familiar faces to many in Deep River already, as Dr. Ceponis has helped to provide coverage in the DRDH Emergency Department since 2012, and Dr. Sage is a Deep River local, returning home after living out west for a number of years.



Dr. Peter Ceponis



Dr. Michael Sage



Lauren McVey and Dr. Terry McVey

Dr. Ceponis has been working as a physician in the Canadian Armed Forces since 2010, currently with the rank of Major. After completing his BSc in Toxicology at the University of Guelph in 1998, he completed his MSc in GI Physiology at McMaster University in 2000, and then his PhD in Microbiology at the University of Toronto in 2004.

Continued on next page...

He completed medical school at the University of Toronto in 2008, and completed his Family Medicine Residency at Dalhousie University in 2010. Highlights of Dr. Ceponis' military career include a deployment as NATO Medical Advisor in Baghdad, two trips to Canada's Arctic, and supporting Navy clearance divers in Ukraine. Dr. Ceponis and his wife Courtney currently live in Petawawa with their two young children.

Dr. Sage completed his BSc in Kinesiology and Physical Education at Wilfrid Laurier University in 2006, where he also completed his MSc in Kinesiology in 2009, and then his PhD in Rehabilitation Sciences / Neurosciences at the University of Toronto in 2015. He completed medical school at the University of Calgary in 2019, and completed his Family Medicine Residency at the Strathcona Site of the University of British Columbia earlier this year. Dr. Sage will be returning to the area with his wife Claire Sage (nee: Leitch), who also grew up in Deep River, and their three young children.

"I am very grateful and I feel very comfortable having such a caring and competent doctor who will be able to step in to provide continuity of care and ensure that my patients will not be left without a doctor once I retire," expressed Dr. McVey.

In addition to their family medicine practices, Dr. Ceponis and Dr. Sage will also both be providing care for in-patients and supporting the Emergency Department at the Deep River and District Hospital.

DRDH President and CEO, Janna Hotson, expressed her excitement to welcome these two new physicians to our community. "This is an exciting announcement for our community, as we are gaining two exceptional doctors with impressive clinical and educational experiences to provide first-class care to the people of North Renfrew. Increasing the complement of primary care physicians in our community provides more people with access to a family doctor locally". Janna also extended best wishes on behalf of the Deep River and District Hospital to Dr. McVey on his retirement stating, "All of us at DRDH extend a sincere 'thank you' to Dr. McVey for his years of service and wish he and Lauren all the best in retirement".

"Dr. McVey has been our valued colleague and friend for many years," expressed Dr. Barb Bushby on behalf of all of the physicians in Deep River. "His leadership, compassion, and excellent patient care will be missed by our group and the community. We wish Dr. McVey and Lauren the very best in their retirement".

Dr. Bushby went on to say that, "We are also very excited to welcome Dr. Ceponis and Dr. Sage to our local physician group. We have known Dr. Ceponis for several years as a part of our Emergency Department team, and we look forward to welcoming Dr. Sage back to his hometown. We are fortunate to have two excellent physicians who have chosen to join our physician group and Deep River as the community in which to set up their practices".

welcome
to deep river

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NEWS RELEASE

The Deep River and District Hospital formed a “Medical Recruitment Team” in 2019, which primarily looks at physician recruitment and retention for our community. In addition to welcoming these two new physicians, the Medical Recruitment Team remains active with recruitment efforts underway for a role in the Family Health Team, as well as additional roles in the Emergency Department, and future planning.

The three municipalities of Deep River, Laurentian Hills, and Head, Clara & Maria recognize that recruiting and retaining physicians in North Renfrew is crucial to the physical and economic health of our communities. The four-party partnership with the North Renfrew Health Campus enables recruitment and retention activities to be supported.

Please join the Deep River and District Hospital in providing Dr. Ceponis, Dr. Sage, and their families a warm welcome to our community.

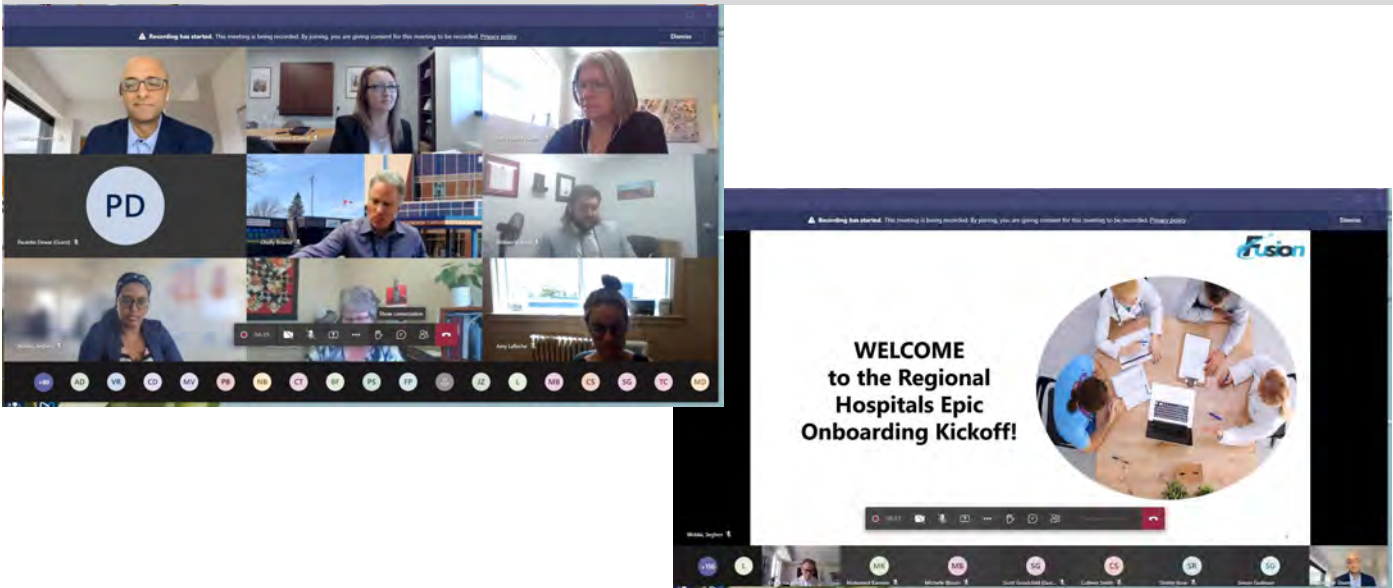


Dr. Peter and Courtney Ceponis and family



Dr. Michael and Claire Sage and family

EPIC PROJECT HAS KICKED-OFF!



On May 12, 2021 our virtual “kick-off” meeting was held to officially begin our organization’s transition to the EPIC Hospital Information System. A group of six organizations, referred to as the **Atlas Alliance**, completed implementation of EPIC along with The Ottawa Hospital in 2019, and their project was called “*Fusion*”. Our organization, along with three others, is now part of the second wave of organizations implementing EPIC and joining into the Atlas Alliance. The implementation project for the second wave of partners, which includes the Deep River and District Hospital, is appropriately named “*Fusion2*”.

There’s a lot of new terminology to learn, but we are so excited to be officially beginning this project! Implementing EPIC is going to take a lot of hard work over the next 18 months, and we plan to ‘go-live’ with the new system in **late 2022**. With the implementation of EPIC, we will be moving away from using the antiquated Anzer system, and will be upgrading to world-class electronic medical record.

Fun Fact: EPIC is the number one Hospital Information System in the world for multi hospital conglomerates!



Implementation Timeline



MAY MANDATORY EDUCATION— DUE MAY 31, 2021

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Please see the assigned education for the month of May. This is due to be completed by May 31, 2021. If you have any issues kindly let Mary Goodchild know.

All Staff:

- Code Black
- Privacy Video Part 3
- HOOPP Video – The Retirement Journey-Part 2
- Suicide Risk Screening and Prevention
- Suicide Risk Screening and Prevention – Long Term Care

RPN's (Medical and Long Term Care):

- SteriCycle Procedures

RN's and Diagnostic Imaging:

- Interdepartmental Intra-cavity equipment cleaning and processing

Housekeeping:

- RICN Environmental Cleaning Best Practice – Bathroom Cleaning Regular Patient/Resident Bathroom
- RICN Environmental Cleaning Best Practice – Cleaning a Blood/Body Fluid Spill

DEEP RIVER AND DISTRICT HOSPITAL
FOUR SEASONS LODGE
NORTH RENFREW FAMILY HEALTH TEAM

Policy: Code Black – Bomb Threat/ Suspicious Package		
Original Date: 2015-08	Policy Manual: Emergency Preparedness	
Approved by:		
<input type="checkbox"/> Board of Directors	<input type="checkbox"/> Chief Financial Officer	<input type="checkbox"/> ED, Family Health Team
<input checked="" type="checkbox"/> Chief Executive Officer	<input type="checkbox"/> Chief Nursing Executive	<input type="checkbox"/> Human Resources Officer

Policy
A Code Black is a planned response to a received bomb threat or discovery of a suspicious package on the organizations premise and will ensure immediate actions are taken to minimize risk of injury.

Procedure
In no case must any suspected bombs be touched or moved by persons other than Police Services

Telephone Bomb Threat

- Upon receipt of a telephone bomb threat:
 - o Remain calm and courteous.
 - o Do not break the connection or attempt to transfer the call. Keep the caller on the phone for as long as possible to obtain as much information as possible.
 - o Refer to Appendix A: Telephone Bomb Threat Checklist (as able) for ideas on relevant information (Copy kept by Reception and Medical desk).
 - o Politely prompt the caller to obtain further information.
 - o Complete Appendix A: Telephone Bomb Threat Checklist during or immediately after the call.
 - o Immediately after the call contact (in the following order):
 - Police
 - Admin on Call for further instructions
 - Page "Code Black" x 3
 - o If able, you should get a coworker make calls as outlined above while you are still on the line with the Bomb Threat caller.
 - o Admin-on-call to establish Emergency Operations Centre (See Emergency Operation Centre Policy). EOC will be established onsite or offsite based on discussion with Police
 - o Upon hearing a Code Black , all staff not immediately affected by the location announcement, should:
 - Avoid the area of the Code (if known)
 - Stand by for further announcements
 - Unless imperative for care, do not tie up phone lines, with incoming or outgoing calls
 - Assist with a visual search of the area if requested
 - Do not touch any suspicious object if found

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#HOOPP

Part 2: The retirement journey

FOUNDATION LAUNCHES HEALTHCARE HEROES PROGRAM



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The Deep River and District Hospital Foundation is inviting donations in recognition of local "Healthcare Heroes", who have been working tirelessly to protect our community from COVID-19 over this past year. May 10 – 16 is Nurses Week, and the Foundation is encouraging patients or their family members to use this opportunity to recognize Nurses, PSWs, or Nurse Practitioners for the care provided at the hospital, family health team, or long-term care.

Although they may not wear capes, to those they have helped, the staff and doctors at the Deep River and District Hospital (DRDH) are real-life heroes.

The Deep River and District Hospital Foundation is thrilled to be launching "Healthcare Heroes", a fundraising program that allows patients an opportunity to recognize a member of the healthcare team for the care they received, or for the care of a loved one.

By making a donation in honour of a Healthcare Hero, patients or their family members are able to say thank you to a particular doctor, nurse, staff member, or volunteer for the excellent, compassionate care received at either the hospital, family health team, or long-term care. The program also offers an opportunity for donations to be made in honour of a specific department, or all of our healthcare workers, who have been working tirelessly to protect our community from COVID-19 over this past year.

Those recognized as a Healthcare Hero will receive a custom pin to wear proudly, along with a special message from those honouring them highlighting how they made a positive impact on their healthcare experience (unless donors would like to remain anonymous). Messages of appreciation will be shared with our community, but the denomination of gifts and personal information will be kept confidential.

Continued on next page...

FOUNDATION LAUNCHES HEALTHCARE HEROES PROGRAM *Continued...*

“The launch of this program could not have come at a more appropriate time,” said Janna Hotson, DRDH President and CEO. “Healthcare workers have been on the front-lines battling the COVID-19 pandemic for over a year now, and this initiative allows patients an opportunity to express their gratitude and to say thank you. The program has the flexibility to recognize anyone who has made a positive difference in your experience at our organization, whether that was an individual, a group of staff, a profession, or a department. We look forward to hearing stories of how our Healthcare Heroes have made, and continue to make, a positive difference in the lives of those in our community.”

The launch of the Healthcare Heroes program also corresponds with Nurses Week, which is being celebrated from May 10 – 16 this year. Although the program supports recognition of any member, or group, of the healthcare team at any time, the Foundation would like to encourage members of our community to use Nurses Week as an opportunity to recognize and celebrate our Nurses, PSWs, or Nurse Practitioners with a donation made in their honour.

Donations made through the Healthcare Heroes program will help the DRDH Foundation provide funding for the purchase of vital medical equipment to sustain the exceptional services offered at the Deep River and District Hospital. To honour a Healthcare Hero, make a donation online at drdhfoundation.com, or by mail to 117 Banting Drive, Deep River, Ontario.



Deep River & District Hospital
FOUNDATION

SAY THANK YOU TO YOUR

**HEALTHCARE
HEROES!**

Honour a doctor, nurse, staff member, or volunteer for the excellent, compassionate care you or a loved one received



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SAY THANK YOU TO YOUR

**HEALTHCARE
HEROES!**

Honour a doctor, nurse, staff member, or volunteer for the excellent, compassionate care you or a loved one received

Did someone make a difference in your care or the care of a loved one at the Deep River and District Hospital?

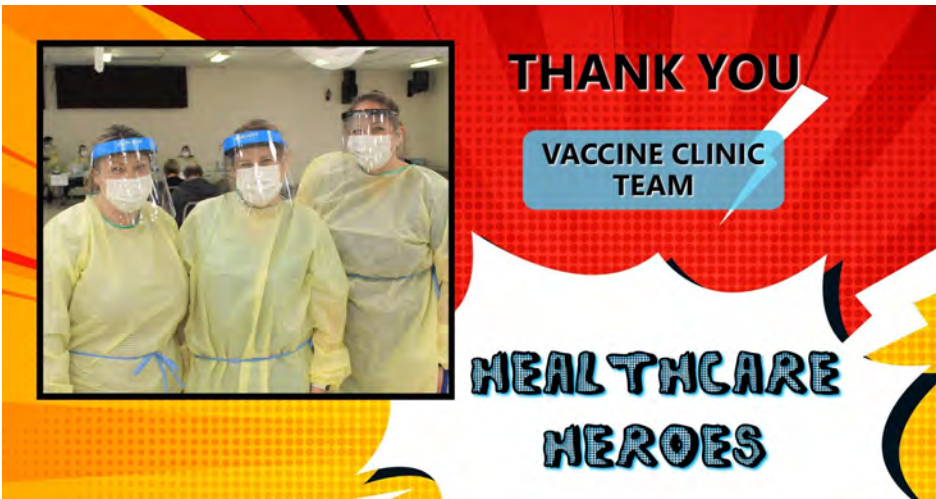
Making a donation in honour of your Healthcare Hero is the perfect way to say thank you.



***Together, we
are the future!***

**DONATE TO HONOUR YOUR HEALTHCARE HERO TODAY!
DONATIONS CAN BE MADE AT DRDHFUNDATION.COM
BY MAIL, OR BY VISITING THE FINANCE OFFICE**





Congratulations to our COVID-19 vaccine clinic team members, who were recognized as Healthcare Heroes by a grateful patient. The patient expressed their gratitude for the care received:

“Way to go to the staff that worked the Vaccine Clinic at the Chalk River Lions Hall. They were all caring and the processing worked efficiently.”

Congratulations and Happy Nurses Week to all of the DRDH Nursing Team members, who were each recognized as Healthcare Heroes:

“The Nurses at DRDH are all heroes! Every day Nurses at the Deep River Hospital show immense caring, strength, and leadership. Over the past year, they faced the unknowns of coming face-to-face with COVID-19 every single day - and

did so with grace, compassion, and the dedication of knowing they make a difference for those they care for. From the emergency department, to the family health team, to vaccine and swabbing clinics, to the inpatient unit and clinics to the long-term care home, Nurses truly do put the heart in DRDH.

Thank you to all DRDH Nurses for being there for our community when we needed you most!”

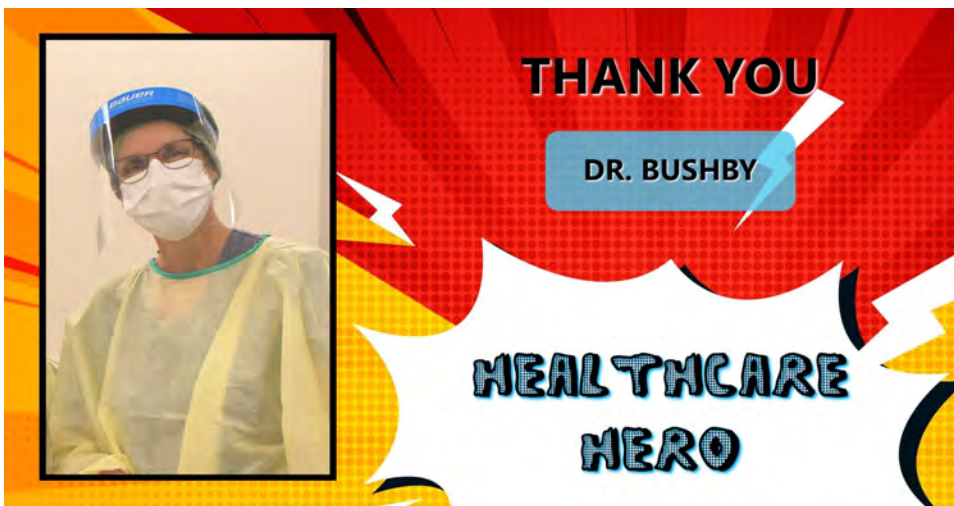


Congratulations to Dr. Ben Amor, who was recognized as a Healthcare Hero by one of her patients at the North Renfrew Family Health Team:

“During the shut down Dr. Ben Amor was always available by phone to answer my concerns and offer advice. She made a personal appointment as soon as possible. A very caring lady.”

Congratulations to all members of our Emergency Department Team, who were recognized as Healthcare Heroes by a patient for the care they received:

“A big thank you to all the nurses, doctors, and paramedics for the excellent care I received from the DRDH due to my fall. We are so fortunate to have such a great hospital in our community!”



Congratulations to Dr. Bushby for being recognized as a Healthcare Hero by the family of one of her patients!

“Dr. Bushby looked after my husband when he spent a few days in hospital during the COVID lockdown. She was caring as well as efficient and followed up with family as well. Thank you, Dr. Bushby!”

Congratulations to Trish Leach, who was recognized as a Healthcare Hero! Here’s what the grateful donor had to say about Trish:

“Trish is always working her tail off in keeping the hospital clean and safe. She has such a positive impact on the hospital, always helpful, and very thorough. Thanks for keeping everyone safe, especially during these times!”



CONGRATULATIONS!

HEALTHCARE HEROES DISPLAY BOARD



Check out the bulletin board across from the screening desk to read the recent messages of thanks we have received for our Healthcare Heroes!

These messages are also shared on the Foundation website at www.drdfoundation.com.



COMMUNITY HEALTH PARTNERS GROUP



Our Community Health Partners Group builds on our partnerships with key stakeholders in our community in order to serve all aspects of our population better into the future. This Committee was formed several years ago in an effort to build opportunities for stakeholder engagement and community feedback. It serves as a venue for multiple community partners that impact population health to come together and connect. Although we used to enjoy meeting with our Community Partners Group in person, meetings are now held virtually twice a year. Pictured here is a screenshot from our last virtual meeting on May 13.

A NOTE FROM OUR CHIEF NURSING EXECUTIVE

As we celebrate Nursing Week 2021, and I am writing to you all to express my gratitude for all you do every day.

I have been privileged to see first-hand the inspirational dedication and caring that nursing and personal support staff bring every day to their work. I have seen time and time again, how you all have gone above and beyond to ensure that our patients and residents are not only cared for safely, but in a way that makes them feel like they are being cared for by family. As nurses, we have the skill set to support our patients and residents during the most uncertain circumstances in their lives, carrying them through some of their most challenging times.

In recognition of how nurses have responded to the impact the COVID-19 pandemic has had on the healthcare system, the theme for Nurses Week this year is **#WeAnswerTheCall**. Nurses have answered the call to meet needs of their patients, residents, and peers whatever those needs may be. Your leadership, flexibility, and ingenuity during this time has enabled us all to respond to the rapidly changing needs of our patients, residents, the community we served and the healthcare system.

As the fight against COVID-19 continues, we will continue to answer the call to service for those in need and to make a difference in the lives of the people we care for. I know that we will continue to rise to the challenges presented to us and I couldn't ask for a better, more dedicated team. I am so proud and honoured to work with you as I move into the Chief Nursing role as this team inspires me to strive for my best everyday.

Whether you are working in Primary Care, In-patient Care, Emergency, Long-Term Care, Ambulatory Care or in the COVID-19 clinics, you have risen to the challenges over the last year and your contributions are greatly appreciated.

Thank-you again for all you do and happy Nursing Week,

Tabitha Kearney
Chief Nursing Executive

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MONDAY—CANDY CART

We couldn't ask for a "sweeter" team!

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On Monday, May 10, we kicked off a week safely celebrating our Nurses, Nurse Practitioners, and Personal Support Workers with "a little treat for someone sweet".

Also, a big thank you to Cahoon's Pharmasave who provided a very generous donation of self-care kits for staff to enjoy as we kicked off celebrating Nurses Week!

TUESDAY—MCGUIRE’S DONUTS AND COFFEE CART

We “donut” know what we would do without you!



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On Tuesday, May 11, we kept the sugar rush going with a cart providing coffee and McGuire’s donuts to our amazing staff to say thank you! We really “donut” know what we would do without you!



WEDNESDAY—CHIPS AND POP CART

You're all that and a bag of chips!

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On Wednesday, the treat cart made it's way around again...but this time, it was salty snacks instead of sweet treats. It's all about balance, right?

THURSDAY—ICE CREAM SANDWICHES



*Here's the scoop—
you're simply the best!*

On Thursday, ice cream sandwiches were provided to all staff as a token of appreciation for simply being the best. The ice cream sandwiches even made their way to our staff working the vaccine clinic at the Chalk River Lion's Hall!

FRIDAY—BBQ

A BBQ to thank you, for all that you do!



We wrapped up our Nursing Week celebrations with an all-staff, socially distant, BBQ on Friday, May 14. Thank you to everyone who helped to make this BBQ a success!



Congratulations to all the prize winners!

As part of our Nursing Week celebrations, each day we did a prize draw from all of the Nursing staff, Personal Support Workers, Nurse Practitioners and Clinical Care Assistants.

Monday's winners were: Sarah-Lynn Parker, Jessica LaGrandeur, Taylor Bertrand, and Kerry Sinikivi.

Tuesday's winners were: April Marechal, Heather Perry, Marley Lapierre, and Sarah Harder.

Wednesday's winners were: Lauren Haggerty, Corina David, Jennifer Rousselle, and Mark Fitton.

Thursday's winners were: Eileen Cochrane, Carmen Walker, Amanda Pleadwell, and Megan Caldwell.

Friday's winners were: Melissa Tucker, Michelle Lesaux, Christine Howat, and Lily Mungham.

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VIRTUAL HUGS

Instead of giving our nurses, personal support workers, and nurse practitioners real hugs during Nurses Week, we asked everyone to submit **“virtual hugs”** via messages to each other. A small sampling of the virtual hugs we received are included below—we received so many, we couldn’t fit them all in the Zinger!

The virtual hugs were used to create a display (pictured below) and with all the lovely messages received - we were able to spell out NURSES WEEK and had more spilling out onto the adjacent walls. Thank you to everyone who submitted a virtual hug!

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VIRTUAL HUG FOR: Amanda Pleadwell, PSW

Amanda cares deeply about all of the residents at the Lodge. She goes out of her way to understand each resident as a person with unique likes and dislikes. She knows our residents so well and I learn from her all the time.

VIRTUAL HUG FOR: Lily Mungham, RN

Shout out to Lily for always being a bright and helpful! A positive attitude makes a world of a difference for her coworkers, patients, and atmosphere.

I do not work directly with her, but when she’s in, the ED seems to be a brighter, happier place, and everything runs smoothly!



VIRTUAL HUGS

VIRTUAL HUG FOR: Marley LaPierre, RPN

Marley is a ray of sunshine at the Lodge. Even when things are challenging she is always smiling and always positive. She really keeps us going here.

VIRTUAL HUG FOR: Christine Howat, RPN

Thank you for being so supportive. I feel comfortable asking you for help/ advice/anything. Appreciate your positive attitude and love your loud laugh because mine is loud as well aha. ALSO I LOVE YOUR WRITING.

VIRTUAL HUG FOR: Heather Perry, RPN

Heather is a great support to our clinic patients and a great coworker! We work well together and have some laughs! Makes the work days even more enjoyable!!

VIRTUAL HUG FOR: Rebeccah McNeil, PSW

Rebeccah is hard working and a great team player. Always here and knows the residents inside and out.

VIRTUAL HUG FOR: Bonnie Dumont, RPN

Bonnie is extremely knowledgeable of all aspects of the Four Seasons Lodge. Always willing to take time out to help others learn.

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RENFREW COUNTY COVID-19 VACCINE COMMUNICATIONS COMMITTEE

Our organization continues to participate on the Renfrew County and District COVID-19 Vaccine Communications Committee to share information with residents in our County about the vaccine roll-out in our area. In addition to regular media releases to keep everyone up to date, the Committee also shares information weekly through a “News Brief” as well as an infographic. Click on any of the images below to visit the Renfrew County and District Health Unit’s webpage for the most up to date versions of the News Brief and infographic (*scroll down to the accordion folder titled: COVID-19 vaccine news briefs, media releases, and infographics*):

Renfrew County and District (RCD) COVID-19 Vaccine Rollout at a Glance

Updated: May 26, 2021 

Key Message

There is no need to book your second appointment online, as appointments will be created for you. For detailed information, visit this link: [Second Dose Fact Sheet](#). Please note that if you received the AstraZeneca vaccine as your first dose in RCD, more information will follow. **Everyone will receive their second dose.**

Visit www.rcdhu.com/novel-coronavirus-covid-19-vaccine-rollout to book your **first dose** appointment. **Please book only one appointment per person** to ensure that appointments are available to other eligible individuals. **If you book an appointment, please keep it.** If it is critical to change your appointment, **please cancel through the link in the email** you received confirming your appointment.

Youth aged 12-17 will only be eligible to receive the Pfizer vaccine at this time, and must be 12 years old at the time of the vaccination appointment. Youth can bring a support person to the appointment.

Local Snapshot

Total Doses Administered to Date	49,576
Residents with at Least 1 Dose	47,130
Percentage of population (aged 18+) with at least 1 Dose	53%

Eligible people who can book appointments: Phase 2

Phase 1

Phase 2

Phase 3

Residents in the general population aged 12 and over (must be 12 years of age as of the date of vaccination)

**All those previously eligible will remain eligible to book an appointment*

Local Snapshot

Total Doses Administered to Date	49,576
Residents with at Least 1 Dose	47,130
Percentage of population (aged 18+) with at least 1 Dose	53%

COVID-19 VACCINE NEWS BRIEF

MAY 26, 2021 | EDITION 14



Dr. Robert Cushman, Acting Medical Officer of Health, Renfrew County and District Health Unit and Matthew Genier, Commander with the County of Renfrew Paramedic Service, visit Annapolis clinic to celebrate the 50% milestone.


Local Update

As of May 24, a total of **49,576** doses of the COVID-19 vaccine have been administered through one of several COVID-19 vaccination clinics across Renfrew County and District (RCD) with **53%** of RCDHU adults (aged 18+) having received at least one dose.

Remember: Even if you have been vaccinated, it is important to continue following public health measures, such as physical distancing, wearing a mask and hand hygiene.

Renfrew County and District Health Unit (RCDHU) continues to expand COVID-19 vaccination appointments in-line with provincial eligibility groups. As a result, eligibility further expanded to include: residents in the general population **aged 12 to 17** (must be 12 years of age as of the date of vaccination), effective Sunday, May 23, 2021.

Percentage of RCD residents that have received at least one dose of the COVID-19 vaccine, by age groups
As of May 24, 2021



RCD Age Groups	Percentage
<18	0.9%
18-24	17.6%
25-29	36.9%
30-34	41.9%
35-39	23.9%
40-44	35.8%
45-49	41.2%
50-54	46%
55-59	62.5%
60-64	78.8%
65-69	84.5%
70-74	90.9%
75-79	84.3%
80+	84.5%

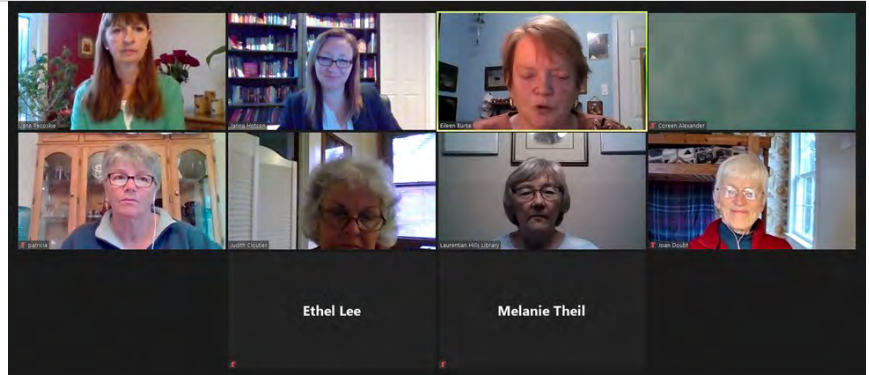
Note: Total includes doses administered at clinics organized by RCDHU, pharmacies in RCD, and primary care.

PAGE 1 OF 5

AUXILIARY NEWS

On Monday, May 10, 2021 the Deep River and District Hospital Auxiliary held its first ever virtual Annual General Meeting.

The business of the Auxiliary over the previous year was reviewed, and motions were approved to support operations over the next year. The President and Executive Members were installed, which can be seen below.



The Auxiliary approved donations to the organization of \$50,000 this year, and \$30,000 next year to support upcoming Emergency Department upgrades. Specifically, the donations will be used for the new Nursing Station and Triage Desk.

Thank you so much to the Auxiliary for the continued remarkable support!

Deep River & District Hospital Auxiliary—2021-2021 Executive

President	Eileen Burke
Vice President	Patricia Clouthier
Past President	Annebell Harvey
Secretary	Jane Pecoskie
Treasurer	Judith Cloutier
Gift Shop Coordinator	Veronica Stewart
Gift Shop Treasurer	Sue Lachance
Volunteer Coordinator	Cindy Tremblay
Sewing & Knitting Coordinator	Betty Anderchek
Event Coordinator	Marie Charbonneau
Palliative Care & Four Seasons Coordinator	Marguerite Zillman
Membership Coordinator	Maureen Bakewell
Community Centre Mgt Committee	Eileen Burke & Joanne Festarini

Whistle Stop Coordinators

Patricia Clouthier	Lise Hunter
Sheila MacCready	Joan Hallett
Jenny Ward	Cindy Tremblay
Joanne Festarini	Annebell Harvey
Cookie Paquette	Marion Stewart
Lianne Shea	

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NEW HIRES



Kirstyn Aranyosi

Mercedes Gibson

Thomas Goodchild

Ashley Harnish

Jakob Kasaboski

Amber Paplinskie

Sheeza Toor

Lynne Wills

This month we are pleased to welcome eight new members to our team. **Kirstyn** and **Thomas** will be working as screeners, and **Sheeza** will be working as Admin Support for the vaccine clinics. **Jakob** is a student who will be working in the Maintenance Department, **Amber** is a Medical Radiation Technologist, **Mercedes** is a Registered Practical Nurse, **Ashley** is a Registered Nurse, and **Lynne** is a Physiotherapy Assistant. Please join us in extending a warm welcome to these new hires!

HAPPY PHYSIOTHERAPY MONTH

May is Physiotherapy Month, a time to highlight the value of Physiotherapy and how much Physiotherapists (PT) and Physiotherapy Assistants (PTA) contribute to the health and well-being of our inpatients and residents. Pictured here is our Physiotherapy Team, including Louise Adams (left) — Physiotherapy Clinical Care Assistant, Annie Nguyen (middle) and Lynne Wills (right)—PTAs, and Narali Mehta (in the iPad)—PT who provides services virtually.



Thank you for everything you do

THANK YOU TO THE LION'S CLUB!



A big thank you to the Chalk River & Area Lion's Club volunteers who prepared lunch for our COVID-19 vaccine clinic on May 13. We are also grateful to the Lion's Club for allowing us to host our vaccine clinics at the Chalk River Lion's Hall and for being so accommodating with our clinic schedule.

HAPPY MOTHER'S DAY FROM THE FOUR SEASONS LODGE



From the donations we received from staff members and our community from the "adopt a mom or grandma" program, 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. Gifts included a potted flower and goodie-bag!

Thank you so much to everyone who helped make Mother's Day so special for our inpatients and residents while visiting remained restricted.



DRESS CODE REMINDER

Professional Appearance & Dress Code

As we enter into the warmer months, please be reminded of our Professional Appearance and Dress Code Policy, which can be found on PolicyMedical. This policy is not intended to infringe on individual rights, but rather to encourage a professional appearance. The policy includes requirements for personal hygiene, clothing, hair, footwear, jewellery, fingernails, and ID badges. The policy was also updated last year to include additional infection prevention and control measures in light of the COVID-19 pandemic.

Infection Prevention and Control Measures

All direct care staff are required to change into their uniform and work footwear at work and then back into 'street clothes' and footwear to go home. No staff should wear uniforms and/or work shoes when leaving the building after work.

Personal belongings, including shoes and coats, are not to be brought into any clinical areas or stored outside of designated areas.



DEEP RIVER AND DISTRICT HOSPITAL
FOUR SEASONS LODGE
NORTH RENFREW FAMILY HEALTH TEAM

Policy: Professional Appearance & Dress Code	
Original Date: 1988-11-09	Policy Manual: Human Resources
Approved by:	
<input type="checkbox"/> Board of Directors	<input type="checkbox"/> Chief Financial Officer
<input type="checkbox"/> Chief Executive Officer	<input type="checkbox"/> Chief Nursing Executive
	<input type="checkbox"/> Chief of Staff
	<input checked="" type="checkbox"/> Human Resources Officer

Policy

To foster respect, trust and confidence of patients/residents and the public, the North Renfrew Health Campus (NRHC) comprising of the Deep River & District Hospital, the Four Seasons Lodge, the North Renfrew Family Health Team and the Deep River Physiotherapy Center requires all employees, physicians and volunteers to present themselves in a professional manner, with regards to attire, personal hygiene and appearance.

This policy is not intended to infringe on individual rights, but rather to encourage a professional appearance.

Procedure

Employees, physicians and volunteers of NRHC are expected to have a professional appearance that is deemed appropriate for their job, within the parameters of safety.

Infection Control and Prevention Measures

All direct care staff are required to change into their uniform and work footwear at work and then back into 'street clothes' and footwear to go home. No staff should wear uniforms and/or work shoes when leaving the building after work.

Personal belongings, including shoes and coats, are not to be brought into any clinical areas or stored outside of designated areas.

Personal Hygiene

Good personal hygiene and cleanliness are essential in promoting infection control as well as promoting a positive image to our patients/residents and the public.

The NRHC is a scent-free environment and the usage of products to maintain personal hygiene must reflect the procedure outlined in the **Scent-free Environment Policy**.

Clothing

Certain categories of employees will be required to wear a uniform. All uniforms must be neat in appearance and clean.

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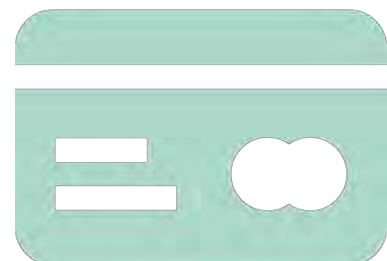
NEW VENDING MACHINE IS HERE!



The new vending machine is up and running in the cafeteria!

Drop by to get one of your favorite snacks or a cold beverage. The vending machine also now has cliff bars, peanuts, chips, lunch mates and bagels with cream cheese.

The new machine even has a debit/credit card feature for your convenience!





Managing Activities vs Managing Time

Time, as we know it, is equal for all of us. We all have twenty-four hours in our day. No amount of wealth or riches can change that. We try to fight time, with our face-smoothing Instagram filters or buying anti-aging products, but in the end, we are subject to time.

We can, however, fit our activities into the time we have. **We can also look at time differently.**

If you noticed above, I use the word “fight” when talking about time. We all have our paradigms and perspectives around time. We all tend to see time as our enemy, something to be conquered or held off as long as possible.

When we see it like that, we are assuming a victim mentality. We are viewing it as a foe rather than the inert or neutral thing that it is. What if we could eliminate the energy around fighting it, and use that same energy to organize and complete our tasks? How would that ease overwhelm?

Remember that 20% of your activities are responsible for 80% of your results.

HERE ARE SOME TIPS ON HOW DO YOU BECOME MORE PROFICIENT IN TASK MANAGEMENT :

- **See how time can be an ally rather than a foe.** Stop fighting it. Understand you can't trick time or bend it to your whims. It just is. When you accept that, you shift your thinking.
- **Eat that frog.** This term was coined by Mark Twain and used as the title of Brian Tracy's book on managing tasks. Do the biggest or hardest task first. Get it out of the way. It can give you a sense of great satisfaction and free up mental energy.
- **Quality vs Quantity.** Look at what activities move the dial most, rather than how many you can pull off in a day or week. Identify which ones create the most impact and focus on those ones rather than on the “keep busy” ones.
- **Delegate or automate.** Look for repetitive tasks that keep showing up and investigate whether you can outsource or automate them. Removing these smaller, yet necessary, tasks can free you to take care of more important duties.
- **Set up your personal life for professional success.** How can you shore up things in your personal life so that it gives you more time to take care of professional tasks? Ordering groceries online for delivery, dog-walking services, laundry services, domestic help, etc. are ways that you can free up space to take care of business, especially when you work from home and those dishes are staring at you while you're trying to create a sales page.
- **Chunk out your activities.** Keep yourself organized. Put times around your tasks so that you stay on track. Keep the time on less important tasks short while giving yourself more space for the more important jobs. Planning your day the night before or morning is best.
- **Know that you are in charge of your time.** Notice that you can stretch a simple task into hours when it normally takes minutes? And yet you can do what would normally take you hours into half an hour (think back to finishing a paper due that day or packing for an unexpected trip and the airport limo is waiting outside!). In the end, you are responsible for what gets done when.

When you are on top of your tasks, you will feel freer, more organized, and most importantly, more likely to achieve your goals. Your results will change. You will change. And you will see that it's not a time thing, but a you thing, which is something you can control... any time you want.

Article adapted from LifeSpeak: <https://lifespeak.com/managing-activities-vs-managing-time/>

DASHBOARD RELAUNCH

Quality Dashboard Re-Launch

We are excited to announce the re-launch of our Quality Dashboards!

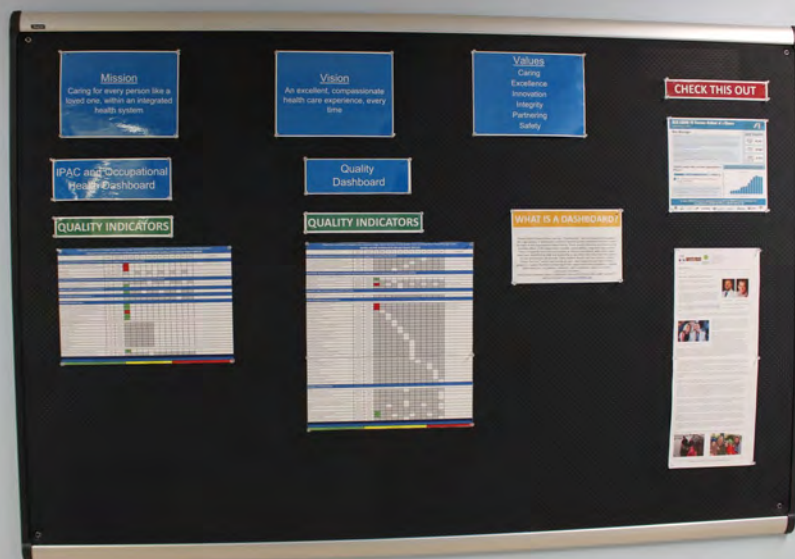
Quality Dashboards are a way for us to track and share important initiatives and quality indicators with all staff, physicians, patients, residents and families. They show the great work being done and the improvements made to help keep those we care for safe and ensure an *excellent, compassionate healthcare experience, every time*.

Each department has its own Dashboard, to track department or area specific information. This information shows some of the key work done in that department, as well as data that measures how effective, efficient or timely our care/services we provide are. Most data is tracked monthly, with colours of red, green and yellow used to say when data is above, at or under targets. Some data measures and shows if specific activity is occurring, so we can ensure key things such as safety reporting, inspections and audits are happen to keep all of us, and our patients and residents, safe.

All of the data tracked on our dashboards falls under one of our four strategic pillars, and in some way, helps to push forward our mission and vision. Organization wide data and strategic activity is tracked on our **Corporate Scorecard**, which is located on the large quality board near the reception desk. The Corporate Scorecard measures and tracks our key organization wide strategic activity for the year, to ensure we are on track to meet important targets and goals.

Dashboards are now posted on quality bulletin boards around the organization along with a “Check this Out” section which will share other recent and exciting news/stories/initiatives from the organization or community. Dashboards will be updated on the 15th of each month (or the Monday following if on a weekend). Please check them out each month and see how your department and others are doing. Let’s celebrate our successes and focus on our continuous quality improvement journey as a team!

If you have any questions about the data or information on a dashboard, or a suggestion for data to be included in your departments dashboard, please speak to any member of the leadership team.



MENTAL HEALTH MICROSITE NOW LIVE!

New microsite now live!

Building your self-care toolkit



For Mental Health Week this May, LifeWorks by Morneau Shepell is proud to bring awareness to this important aspect of total wellbeing by launching our new microsite – Building your self-care toolkit. Through articles, an infographic and a video, the microsite explores:

- ⇒ **Self-care is a dream: Make it come true with better sleep**
- ⇒ **Building your self-care action plan**
- ⇒ **Simple self-care steps**
- ⇒ **Meditation: Deep breathing**

CLICK HERE TO VISIT THE MICROSITE



BE BEAR AWARE



Please remember to be alert for bears around the organization. Black bears have been spotted on Banting Drive recently, so they are awake and in our neighbourhood!



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 —> 2021-2022.

{ *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.