

North Renfrew  
Family Health Team

# THE ZINGER

Newsletter for the Deep River & District Hospital  
Four Seasons Lodge Long-Term Care Home and North Renfrew Family Health Team

March 2023



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MANDATORY EDUCATION—April 2023

Please see the assigned education for the month of April. This is due to be completed by April 26, 2023. Please contact Mary Goodchild if you are having any issues accessing the education.

MANDATORY EDUCATION

**All Staff**

- Code Grey
- FLTCA Overview – Regulations and Inspection Protocols
- Customer Service-Annual Refresher Part 2



**RN**

- Peggy Chest Drain video

**RN/RPN/Lab**

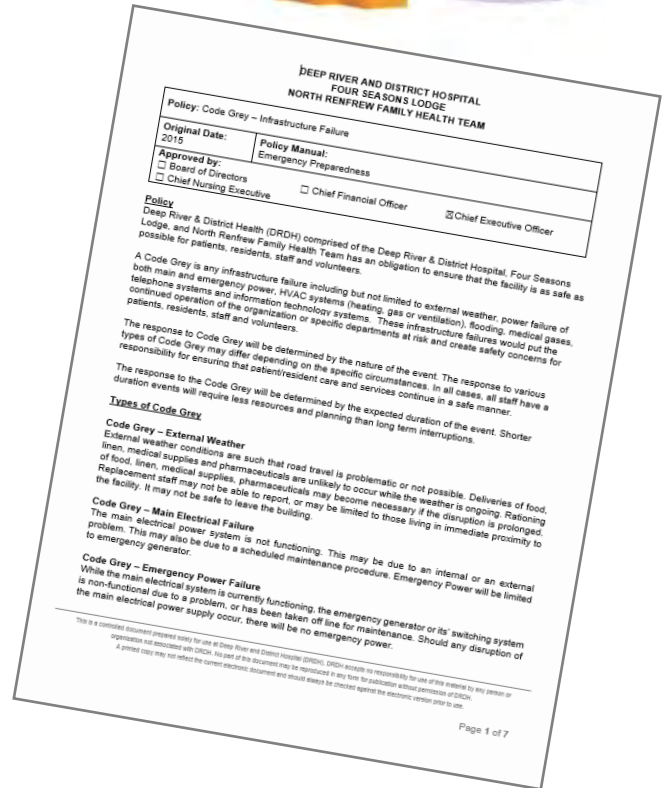
- Transfusion Medicine

**RN/RPN/NP**

- CNO Medication Practice Standard

**Housekeeping**

- RICN Environmental Cleaning
- Best Practice – General Cleaning (4a)
- Diversey Vacuum video



# Customer Service

## ANNUAL REFRESHER

For All Staff

A Module By Surge Learning

## MyChart Connects Patients to Their Health Story

Terry MacLellan and his family have lived in Barrhaven for 13 years, but they still think of Winchester District Memorial Hospital as their hospital of choice. In fact, they wouldn't think twice about driving down Highway 31 for care. Now, Terry says the option to use MyChart to track the care his family receives is an added bonus.

MyChart is a secure online portal that enables patients to see and manage their personal health information anytime, anywhere. Three local hospitals are now offering this new option to their patients.

As part of the Epic digital health network joined by Deep River & District Hospital, Kemptville District Hospital, and Winchester District Memorial Hospital late last year, patients can now have greater access to their own information through MyChart. Patients anywhere across the network of hospitals in the Ottawa region can see their own health records, including after-visit summaries, upcoming appointments, test results, progress notes, discharge notes, medical imaging reports, and more. Patients can also record their medications, allergies, and health measurements, such as blood pressure and weight.

Terry says his daughter started using MyChart first and he signed up following a recent visit to the University of Ottawa Heart Institute. He was able to compare the test results from before and after a medication change. "It's all there and it's pretty cool," he notes. "It keeps track of your medications, your blood tests and the dates of your procedures. We also get notifications from the app when a test or lab report is in. It's hard to remember everything but it's all there and we can share information with one another too."

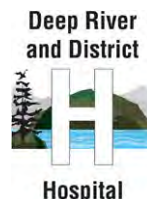
To sign up for MyChart, patients need a valid email account and an activation code. There are several options to sign up:

- Ask hospital registration staff to sign you up when you are registering.
- Use the MyChart activation code on your After-Visit Summary.
- Complete a paper form and present government issued photo ID to Health Records to request an activation code. Your activation code will then be emailed to you.

"Signing up for MyChart is easy and I can even use it on my phone," adds Terry. "I would highly encourage anyone who has the opportunity to get on MyChart because it really gives you control of your own health care. We're going to sign my wife up next!"

The Atlas Alliance network of local hospitals using Epic and MyChart includes Deep River & District Hospital, Hawkesbury and District General Hospital, Kemptville District Hospital, The Ottawa Hospital, Renfrew Victoria Hospital, St. Francis Memorial Hospital, University of Ottawa Heart Institute and Winchester District Memorial Hospital. For patients who visit a non-Epic site and would like access to their records, requests can be made through the hospital's Health Records department.

For more information about how to register for MyChart, please visit your local hospital's website.



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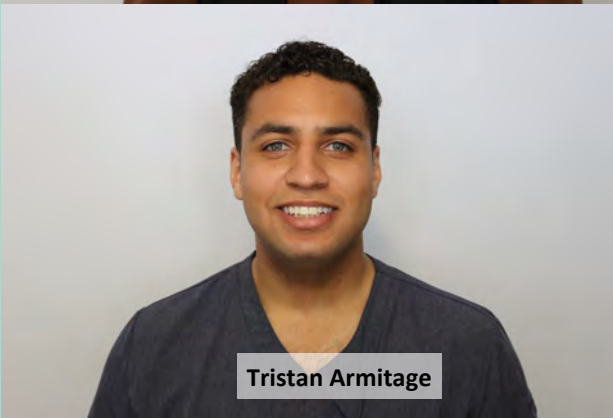
NEW HIRES



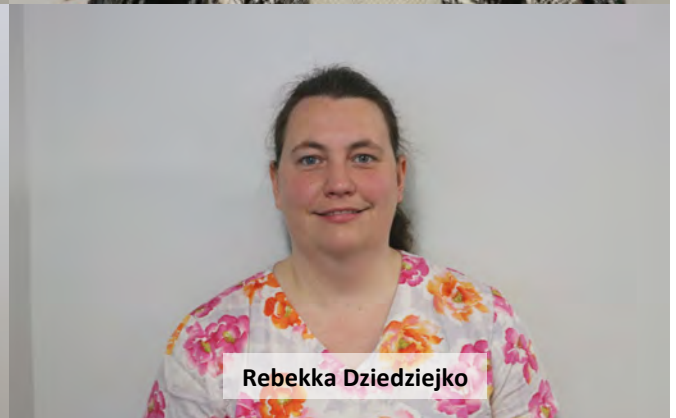
Jenna White



Kassi Kazareczky



Tristan Armitage



Rebekka Dzieziejko

This month we are pleased to welcome two new members to our team. Jenna and Kassi are both Medical Radiation Technologists. We are also pleased to be hosting two Practical Nursing students from Algonquin College, Tristan and Rebekka, as they will be completing their consolidation with us until mid May. Please join us in extending a warm DRDH welcome to Jenna, Kassi, Tristan and Rebekka.

*welcome*

CHANGE PRACTITIONERS



From March 21—23, 2023, Sarah-Lynn Parker, Allison Lepack, and Jenny Hickson received their Prosci Change Practitioner certifications.

Thank you to our Ottawa Valley Ontario Health Team (OVOHT) for hosting this certification for a number of our OVOHT member organizations.

## HAPPY PHARMACY APPRECIATION MONTH

Pharmacy Appreciation Month is the annual national campaign that shines a spotlight on all things pharmacy.

Celebrated each March, Pharmacy Appreciation Month is a time to highlight the crucial role pharmacy professionals play in our health care system and say thank you for their extraordinary efforts in delivering exceptional and safe care for our patients.

Join us in saying thank you to our skilled and dedicated pharmacy professionals who play such an important role in the DRDH Team and our community.

This year, we are celebrating our pharmacy professionals for the remarkable work they did in our organization's transition to Epic, as well as the amazing work they continue to do each and every day.

*Pictured here is Allison Lepack (left), Manager of Clinical Services, and Bev Bergin (right), Pharmacy Assistant. Missing from the photo is Brittany Larmand, Pharmacy Technician.*



## HAPPY SOCIAL WORK MONTH



March is recognized as National Social Work Month, a time for highlighting the importance of this profession and recognizing the valuable contributions made by social workers, each and every day.

At the North Renfrew Family Health Team, we are proud to have Cynthia Thornewell (second from the left) as part of our skilled team to provide supportive care for our patients.

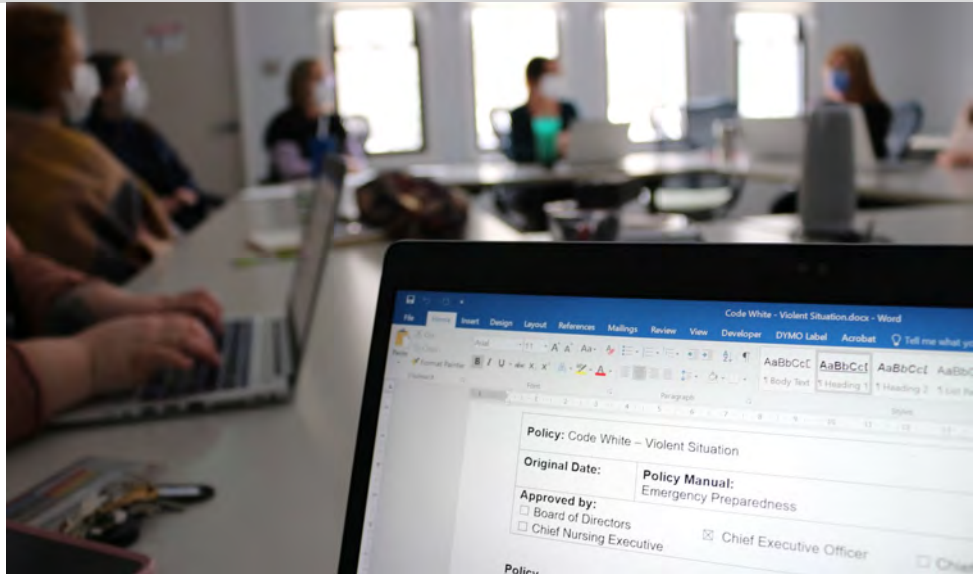
*Pictured here along with Cynthia, from left to right, is Sarah-Lynn Parker - Manager of Clinical Services, Tina Halloran – Nurse Practitioner, and Madison O'Neil – Registered Practical Nurse.*

This National Social Work Month, let's recognize and celebrate the invaluable contributions of Cynthia and other social workers in supporting health, mental health, and well-being across complex systems and settings.

Thank you for all that you do!

## EMERGENCY PREPAREDNESS—MOCK CODE

Team members from across multiple departments recently participated in a table top Code White exercise. During the exercise, a hypothetical scenario was presented involving violence or a threat of violence to self or others where the available resources were not sufficient to manage the situation safely. Team members were able to discuss response procedures and share ideas for improvement.



## DYNACARE PLUS—Outpatient Lab Results



Did you know that Dynacare has a portal where outpatients can get fast access to their lab results?

Results for outpatient blood work done at DRDH do not go into MyChart, but they can be accessed through Dynacare Plus! A small annual fee applies. Find out more at [dynacareplus.com](http://dynacareplus.com).

## COLLABORATIVE PARTNERS FORUM

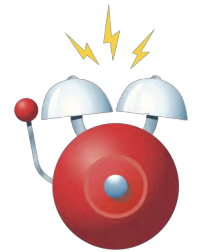
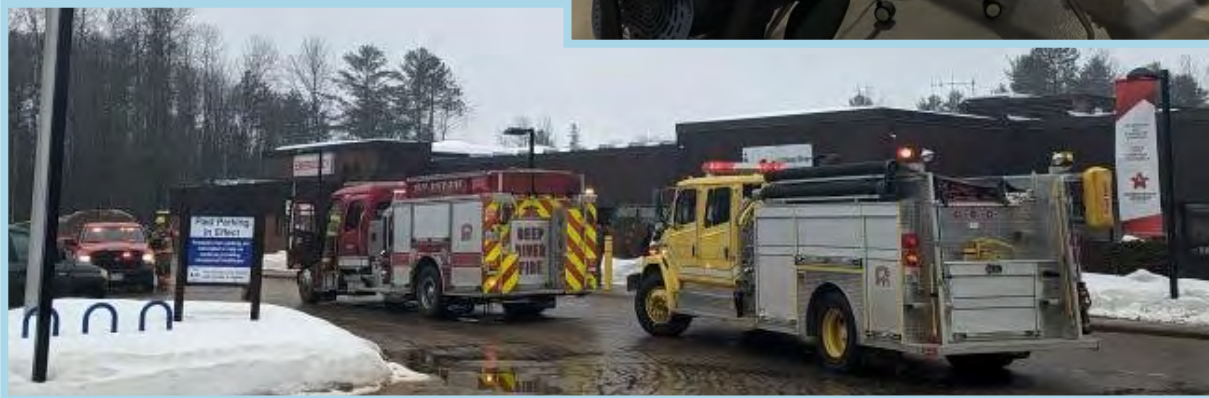


On March 22, Janna Hotson, William Williard, Tabitha Kearney and Amy McDiarmid were part of the more than 50 people who attended the Ottawa Valley Ontario Health Team Collaborative Partners Forum.

Partners across our OHT had the opportunity to come together and learn about some ongoing projects including primary care initiatives, CareDove and Ocean e-referral implementation, online appointment booking, patient story videos and integrated virtual care.

### FIRE ALARM RESPONSE

On March 17, our fire alarm system activated indicating general alarm trouble. The Deep River Fire Department responded quickly and confirmed there was no source of fire. A debrief was conducted to review the event and resulting actions to be taken. Thank you to the Fire Department for responding to DRDH so quickly and to all our patients for your cooperation during the system interruption.



### ADVANTAGE CONFERENCE

In April, a delegation from DRDH will be attending the AdvantAge Ontario conference—with James, William, Tabitha, and Janna attending as presenters!

**#5 - LTC Emergency Preparedness through the Incident Management System**  
 11:00 am - 12:30 pm Thursday, April 20, 2023 (Leadership and Organizational Effectiveness)

**LTC Emergency Preparedness through the Incident Management System**  
 (Leadership and Organizational Effectiveness)

- Learn how the standardized Incident Management System (IMS) has been adapted for use in long-term care homes, including inter-agency collaboration and communication, and meeting provincial requirements for enhanced emergency preparedness.
- Pick up practical tools, templates and techniques for how to build the adapted IMS framework into your operations and how to apply it during a variety of crises.
- Listen to the experiences and insights of LTC leaders from two years of using the adapted IMS model, including success in using it to build on established systems, application during preparedness exercises, stakeholder feedback, as well as their use of an emergency operation centre (EOC).

Tabitha Kearney, Vice President of Clinical Services, Deep River and District Health – The Four Seasons Lodge  
 Janna Hotson, CEO and Administrator, Deep River and District Health – The Four Seasons Lodge

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**#21 - Fundraising: How to Start, How to Succeed**  
 3:30 pm - 4:30 pm Thursday, April 20, 2023 (Capital Development and Redevelopment)

**Fundraising: How to Start, How to Succeed**  
 (Capital Development and Redevelopment)

- Get a detailed look at a range of traditional and more novel fundraising initiatives and strategies and their cost/benefit implications for your home over the short- and long-term.
- Explore related communication approaches, including how to position yourself in your community, engage with potential donors through talking points on benefits and tax implications, and why ongoing communication and donor appreciation are vital to sustain success.
- Benefit from the lessons learned by one northern home's major fundraising campaigns over the last five years.

William Willard, Executive Vice President and Chief Financial Officer, Deep River and District Health – The Four Seasons Lodge  
 James Thompson, Community Engagement and Fundraising Coordinator, Deep River and District Health

**AdvantAge Ontario**  
 Advancing Senior Care

James and William will be delivering a presentation on Fundraising Success, while Tabitha and Janna will be speaking on Emergency Preparedness in Long-Term Care. We are looking forward to participating in this inspiring education and networking event with other not-for-profit Long-Term Care Homes across Ontario. Please join us in wishing our presenters all the best in Toronto—we can't wait to hear all about it!

MOCK CODE WHITE



In addition to a table-top Code White that took place earlier this month, we also conducted a live mock Code White on March 28 with our partners at the Deep River Police Department. The mock Code White involved a hypothetical scenario with a patient posing a threat of violence that escalated to a Code Silver and the Deep River Police were involved to help manage the situation safely. A debrief was completed following the exercise, and team members involved as well as observers were able to discuss response procedures and share additional ideas for improvement.

A huge thank you to Melinda Lorbetskie for her acting role in the mock Code White, and to Cst. Slattery for partnering with us on the exercise.





## DECREASE STRESS AND IMPROVE YOUR MOOD WITH A DIGITAL DECLUTTER



There's no denying that there is something satisfying about conquering clutter and turning a messy, haphazard space into one that is organized and visually appealing.

It induces feelings of satisfaction and accomplishment, and perhaps even more importantly, leaves you feeling in control of your environment and ready to take on the next challenge. Studies show a tidy space has a calming effect, improves mood, and allows us to make decisions more clearly. And because we are not visually distracted, it heightens our focus, increases our attention, and even improves our work performance. Although you may not have thought about it this way, clutter actually comes in two forms: physical and digital.

Ask yourself this: How do your desktop, home screen, and inbox make you feel when you look at them? Overwhelmed? Stressed? Anxious? How much time do you spend searching for documents that don't have a proper filename or location? How many unnecessary apps are waiting to distract you on the home screen when you unlock your smartphone? Since we spend the majority of our waking hours on devices, a digital declutter can go a long way to improving your digital wellness.

Digital decluttering refers to the process of deleting, sorting, and organizing files, such as images, icons, apps, and other digital documents, with the purpose of creating a more organized digital space. It can be done on any device, including your smartphone, inbox, or computers that store personal and work-related documents (laptop, desktop, tablet). Here is how to systematically perform a digital declutter:

**DECLUTTER YOUR DESKTOP**—When is the last time you have seen the wallpaper on your desktop? The home screen is where we tend to dump our files, and as a result, can become chaotic and cluttered.

**ORGANIZE YOUR DIGITAL FILES**—Start with creating just a few primary folders. This minimizes where you need to look when trying to find a file. From there, create subfolders and organize all your files accordingly.

**MANAGE YOUR INBOX**—Take some time to review and delete old emails you don't need anymore. Sometimes, even the pure volume of incoming emails alone can make an inbox daunting. So, where you can, unsubscribe from email lists, newsletters, and advertisements that are clogging your inbox.

**UNFOLLOW**—Make sure that you only follow people who matter to you. The benefit is that your feed will reflect people and groups that are most important to you, contributing positively to your psychological well-being.

**MANAGE NOTIFICATIONS**—Take some time to ensure the only notifications that are coming through are of importance.

Decluttering can seem like a daunting task at first, but living with digital clutter can be even more overwhelming. As with any large project, start by breaking it down into smaller pieces. Begin with your smartphone, for instance, going through each bullet point above. Then, move to your personal laptop or work computer. So, are you ready to get started? Happy digital decluttering!

Click here to read the full article from LifeSpeak:

<https://wellness.lifespeak.com/expertblog/decrease-stress-and-improve-your-mood-with-a-digital-declutter--5780>

## INDIGENOUS CULTURAL AWARENESS EDUCATION

On March 20, members of our team were able to participate in an Indigenous cultural awareness education day hosted by the Mashkiwizii Manido Foundation.

Mashkiwizii Manido is a federally recognized not-for-profit corporation that focuses on the overall health and well being of the Urban Indigenous Population of Renfrew County and surrounding Area. Mashkiwizii Manido focuses on providing culturally specific services and programs developed by, implemented and delivered by Indigenous Peoples for Indigenous Peoples and their families.

As part of the session, participants were able to complete a KAIROS Blanket Exercise, which is an experiential workshop that explores the nation-to-nation relationship between Indigenous and non-Indigenous peoples in Canada. Blankets arranged on the floor represent land and participants are invited to step into the roles of First Nations, Inuit, and later Métis peoples. The workshop helps people to understand how the colonization of this land impacts those who were here long before settlers arrived. It engages people's minds and hearts in understanding why the relationship between Indigenous and non-Indigenous peoples is often broken and how we can act together in learning the Truth before Reconciliation.



HAPPY ST. PATRICK'S DAY!



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Thank you to our Dietary Team for the amazing festive treats on St. Patrick's Day as well as for putting on a delicious Irish feast for residents in the Four Seasons Lodge.

*May you have all the happiness and luck that life can hold—and at the end of your rainbows may you find a pot of gold!*



STAFF OUTDOOR ADVENTURE MONDAYS!

**JOIN US EACH WEEK FOR A STAFF  
OUTDOOR ADVENTURE**

*12:00 pm – 12:30 pm  
every Monday!*

Meet at the front entrance for a short hike  
in the Four Seasons Conservancy.

You're welcome to bring a lunch on the go if  
you're short on time.

We will walk on the snowshoe trails, but  
snowshoes aren't necessary (the trail is  
compacted).

If you're interested but this time doesn't  
work for you, please email  
[James.Thompson@drdh.org](mailto:James.Thompson@drdh.org) and alternative  
adventures may be scheduled.

Let James know if you'd like a calendar  
invite to help block off some nature time for  
yourself.

**REFRESH, RECHARGE,  
REJUVENATE**



## DRDH TEAM CELEBRATED AT AWARDS NIGHT

On March 24, 2023, the Deep River & District Hospital, the Four Seasons Lodge Long-Term Care Home, and the North Renfrew Family Health Team (DRDH) hosted the Epic Swing Into Spring Soirée, an event which celebrated service milestone and peer recognition award recipients along with other achievements of the past year.

Janna Hotson, DRDH President and CEO, expressed that she was pleased to “have the opportunity to finally gather together and celebrate our amazing team. As we reflect on this last year, and look ahead to the exciting future of our organization, we can be proud of all the wonderful things we have been able to achieve together for our community.”

David Cox, Board Chair, expressed his thanks to the entire DRDH team on behalf of the Board of Directors. “The incredible accomplishments the organization has made this year would not have been possible without the contributions made by each individual team member,” said Cox.

The DRDH Essential Pieces Award is presented annually to an employee who has been nominated by their peers in recognition of their demonstration of the Mission, Vision and Values of the organization. For 2023, the award was presented to Brynda McDonald, Registered Practical Nurse, who was nominated by her peers for her positive attitude and for keeping residents the focus of everything she does. The impact of Brynda’s kindness and approachable manner since she joined our team nearly 2 years ago was noted by her peers within the Four Seasons Lodge Long-Term Care Home.

“By working closely with, and supporting all the team members around her, Brynda inspires confidence and trust in her peers,” said Tabitha Kearney, Vice President of Clinical Services and Chief Nursing Executive. “Brynda consistently demonstrates excellence in providing care to residents and professionalism in her support of other team members. Knowing what an invaluable asset she is to our resident’s home and our DRDH team, it is truly my honor to present the 2023 Essential Pieces Award to Brynda McDonald.”

The organization would like to extend congratulations to each of the six nominees for the Essential Pieces Award this year. Nominees work across the organization in various departments including Maintenance, Physiotherapy, Nursing, and Diagnostic Imaging.

This year, recognizing those who reached a service milestone in 2022, the organization awarded 5-year pins to two employees, 10-year pins to three employees, a 15-year pin to one employee, 20-year pins to four employees, and recognized three retirees who had dedicated more than 20 years to the organization.

In addition, Gerald Chaput was recognized for his tremendous 40+ years of service to DRDH. When he’s not preparing meals in the kitchen, Gerald is often playing music at a jam session for our patients, residents, and staff. The organization was honoured to be able to present Gerald with a new guitar to express deep appreciation and ensure he is able to continue sharing his musical talents for years to come.

Special appreciation was also provided to the teams who spearheaded the implementation of not one, but two new electronic health record systems over the past year – the PointClickCare implementation team in the Four Seasons Lodge Long-Term Care Home and the Epic implementation team in the Deep River & District Hospital.

The organization would like to recognize and say thank all those who celebrated our shared accomplishments at the Epic Swing Into Spring Soirée event this year.

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See pages  
14-19 for all  
the photos!

# EPIC SWING INTO SPRING SOIRÉE

Thank you to everyone who attended our Epic Swing Into Spring Soirée on March 24 and made it a night to remember! After being postponed back in December, it was so great to be able to come together as a team and celebrate our service award recipients, Essential Pieces Award nominees and winner, as well as give some special recognition to our PointClick Care and Epic Implementation Teams.

Congratulations to all members of our team who reached a service milestone in 2022:

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William Willard—5 Years

## 5 YEARS

Caitlyn Carty  
William Willard

## 15 YEARS

Ann Kelly

## 10 YEARS

Dr. Hanene Ben Amor  
Rachael Constantine  
Nancy Hearn

## 20 YEARS

Jacki Harris  
Martin Harris  
Bryon Roblin  
Susan Ripley

## 40 YEARS

Gerald Chaput



## Retirees with 20+ YEARS of Service

Mary DeRuiter  
Dr. Barbara Bushby  
Dr. Elizabeth Noulty



Sue Ripley—20 Years

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Mary DeRuiter—25 Years



Gerald Chaput—40 Years!



Jenny Hickson, Mariah Tennant,  
Tabitha Kearney

← PointClickCare  
Implementation Team

↓ Epic Implementation Team



Tabitha Kearney, Brandy Raven, Madison Magne, Whitey Green,  
Scott Goodchild, Allison Lepack, William Willard (missing from photo is Cara McGuire)

# ESSENTIAL PIECES AWARD

## 2023 Award Recipient:

Brynda McDonald

### Nominees:

- Martin Harris
- Madison Magne
- Mariah Tennant
- Lynne Wills
- Karen Winegar

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## SURPRISE!

Our Team had a special surprise up their sleeve for Gerald to thank him for not only his incredible dedication to our organization over the last 40 years, but also for sharing his musical gifts with our staff, patients, and residents.

We hope this new guitar will help Gerald continue playing for all of us for years to come!







Ullrich's Catering



David Cox, Board Chair



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## FAMILY HEALTH TEAM NEWS



On March 29, the North Renfrew Family Health Team had the opportunity to spend a team building day with Carla Anglehart, Leadership and Governance Specialist, and complete “Personality Dimensions” assessments as a team.

Personality Dimensions® teaches about four personality styles—**inquiring green**, **organized gold**, **authentic blue**, and **resourceful orange**, which each person is a mix of. Personality Dimensions is not intended to “pigeon hole” people into a set type, but rather help people to gain an understanding and appreciation of their personality characteristics as well as the characteristics of others. By learning the strengths of our dominant personality dimensions, we can learn how to work better together by bringing our unique skills to the team.



The team also learned about another quality that impacts how we act around other people—introversion and extraversion.





North Renfrew  
Family Health Team

# Healthy Living with Diabetes

With Registered Dietitians and Certified Diabetes Educators,  
Erica Van Drunen and Rebecca Poirier

**Healthy Living with Diabetes is a support group for adults living with diabetes that meets once a month. Each meeting will begin with the presentation of an educational topic by one of the group facilitators.**

## Upcoming Meeting Dates:

- Monday, April 17<sup>th</sup> at 10:30-11:30a.m.
- Monday, May 15<sup>th</sup> at 10:30-11:30a.m.
- Monday, June 12<sup>th</sup> at 10:30-11:30a.m.

Meetings take place at the Deep River  
& District Hospital, 117 Banting Drive

Please feel welcome to join in on any session, even if you only make it to one! We would love to have you join us.



*Open to the  
Community!*

**To Register, Please Contact the  
North Renfrew Family Health  
Team at 613-584-1037**



## TOP 5 REASONS TO SEE A DIETITIAN



March is Nutrition Month! Below are the top 5 reasons to visit a Registered Dietitian from an article written by Rebecca Poirier, one of our very own Dietitians.

1. You want to prevent or manage a health condition like diabetes, high cholesterol, or high blood pressure
  2. You have a digestive issue like irritable bowel syndrome, acid reflux, celiac disease, Crohn's disease or Colitis
  3. You have a food allergy or intolerance
  4. You would like accurate, practical advice to improve the way you eat and feel
  5. You want help feeding a picky eater
- Check out the full article by clicking [here](#).



North Renfrew  
Family Health Team



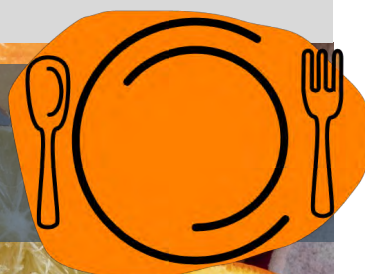
UNLOCK THE POTENTIAL OF FOOD



FIND A DIETITIAN

FAMILY HEALTH TEAM NEWS

# FIND A DIETITIAN



March 15 was Dietitians Day, and a great time to introduce our wonderful Dietitians - Erica and Rebecca. Erica Van Drunen (left) and Rebecca Poirier (right) are both Registered Dietitians and Certified Diabetes Educators at DRDH.

There are several ways you can access Dietitian support, whether or not you are a patient of the Family Health Team. If you are a patient of the Family Health Team, you can book an appointment online or by calling 613-584-1037 for a Dietitian's help with prediabetes, diabetes, high cholesterol, weight management, picky eaters, and more.

If you are not a patient of the Family Health Team, but you have diabetes or care for someone who does, you can self-refer to the Diabetes Program by contacting 613-584-3333 ext. 0.

Community group education sessions are also open to anyone! Stay tuned for more information about upcoming classes.



North Renfrew  
Family Health Team



UNLOCK THE POTENTIAL OF FOOD



FIND A DIETITIAN

FOUNDATION NEWS—Pancake Breakfast



Our Dietary Team hosted a delicious pancake breakfast on March 4, which raised an amazing **\$1,700** for the *Closer To Home* campaign. With just over 350 pancakes and sausages served, it's safe to say that everyone left feeling "batter" than before!



Huge thanks to the entire Dietary Team for their efforts in supporting our new 96-bed Long-Term Care Home. We are so grateful for your dedication and hard work.



We'd also like to express our gratitude to the Deep River Legion for generously donating the venue fee to help our campaign. Your support is invaluable, and we're grateful for your partnership.

Lastly, thank you to everyone who came out to eat and visit - your support is encouraging.

What a "syrup-erb" event!





FOUNDATION NEWS



The DRDH Foundation held its first annual curling bonspiel on March 4, and the event was a rock-solid success! Over **\$10,000** was raised for the *Closer To Home* campaign to build a 96-bed Long-Term Care Home in Deep River.



The bonspiel brought together new and experienced curlers from all over the community to support the Deep River & District Hospital. Thanks to the Deep River Curling and Squash Club, who donated the ice time and provided volunteers to help organize and assist with the event. Thanks also to the DRDH Dietary Team for the delicious pancake breakfast and lunch.



Participants and supporters donated just over \$5,000 to register and play, which was matched 1:1 by WCCT, bringing the total amount raised to \$10,000. These funds represent 0.4% of the \$2.5M *Closer To Home* goal, which is pretty good for a fun day on the ice.



## FOUNDATION NEWS—"WHY I GIVE" TESTIMONIALS

#GivingTuesday took place back in November, and the DRDH Foundation celebrated by sharing "Why I Give" stories from members of the community! Donors, volunteers, and supporters were asked: "Why do you support DRDH?" and the replies we received were inspiring and motivating. Here's just a few of the stories that were shared:



*"As long-time residents who raised our family here, we have come to appreciate that DRDH is a key factor in the high quality of life we enjoy living in Deep River. The safety and convenience of having an award-winning hospital nearby should not be underestimated. For many years we took it for granted that the hospital, and in particular, its Emergency Room (ER), would always be there should we need it – and indeed we did! ER visits for us included the life-threatening obstruction of a toddler's airway, a youngster's need for stitches, treatment of a teen's unconsciousness from a sports injury, an adult's broken bone, food poisoning, and tight chest pains. In due course we learned that while DRDH does get provincial government funding for "operations", it does NOT get government funding for key capital equipment such as is required in the ER. Funding for capital equipment MUST come from the community. With this new realization we have become more and more aware of our need to support the DRDHF in its ongoing endeavour to enhance and expand the scope of our local Health campus – including the latest "Closer To Home" challenge to bring a 96 bed long-term-care residence to our community." – **Ross and Carole Judd***



*"With a parent who is a native of Deep River, I have been coming to Deep River my entire life, and love the beauty of this small town. It has always been a lovely place to visit family, running through the trails and back lanes and waking up to see the river every day. With family who still live in Deep, and not being able to visit as often as I did as a child, it has always been great to know that the Deep River Hospital is still right in town and close by when loved ones need it." – **Brenna Walsh***

Do you have a "Why I Give" story to share?  
We would love to hear it!

Email James at [james.thompson@drdh.org](mailto:james.thompson@drdh.org) and help inspire others to join you in supporting such a great local cause.

WE WANT  
TO HEAR  
FROM YOU

FOUNDATION NEWS—Run for Home

**RUN FOR HOME 2023  
REGISTRATION IS NOW OPEN!**

Come and run, walk, or move 2K, 5K, 10K, or a half-marathon to support the Closer To Home campaign at the Deep River & District Hospital on June 24th. All proceeds from this event will go towards building a 96-bed long-term care home to serve the community.

This exciting event will bring the community together to enjoy exercise, nature trails in the Four Seasons Conservancy, food, music, prizes, and more. Plus, every participant will get a complimentary Run For Home t-shirt!



06.24.2023  
**RUN FOR HOME**  
2KM. 5KM. 10KM. HALF

DEEP RIVER AND DISTRICT HOSPITAL  
117 BANTING DRIVE

START AT **8AM**

LIVE MUSIC  
GAMES  
DOORPRIZES  
WALKABLE  
NATURE TRAILS

REGISTER ONLINE AT [DRDHFOUNDATION.COM/EVENTS](http://DRDHFOUNDATION.COM/EVENTS)

*Entry is by donation with no minimum required to enable maximum participation.*

Register yourself for Run For Home 2023 by [clicking here](#).

Sponsorships opportunities can also be seen by [clicking here](#).

FOUNDATION NEWS—Deep 50/50

**MARCH GRAND PRIZE**



**\$4,947.50**  
**#609139057**

DEEP 50/50 LOTTERY

Deep River & District Hospital FOUNDATION

Congratulations to Dawn Jeffries for winning the March Early Bird prize of **\$1,000**.

The lucky winner of the March Grand Prize of **\$4,947.50** will be announced soon—stay tuned!

Head to [deep5050.ca](http://deep5050.ca) for your chance to be one of the lucky winners next month!



**MARCH EARLY BIRD PRIZE**

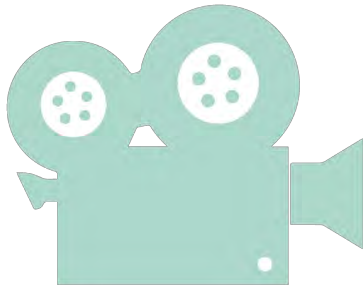


**\$1,000.00**  
**#692284004**  
**Dawn Jeffries**

DEEP 50/50 LOTTERY

Deep River & District Hospital FOUNDATION

## FOUNDATION NEWS—New Video Series



Click here  
to watch the video



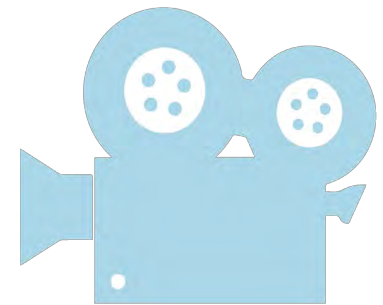
We are launching a new video series that will answer questions about our Long-Term Care Development Project, document progress, and explore what the new Home will offer our community.

In this new video series, viewers can look forward to interviews with the DRDH Executive Team, construction footage, and fundraising campaign updates.

Check out the DRDH and DRDH Foundation Facebook pages to view the first video in the series!



Land Preparation For 96-Bed Long-Term Care Home In March 2023



Click here  
to watch the video

In this first video, James Thompson—Community Engagement and Fundraising Coordinator, talks with Janna Hotson, President & CEO on location at the build site. They discuss what the current land preparation activities mean for the project, efforts to preserve timber for use in the home and landscaping, and upcoming construction milestones.

**If YOU have a question about the new home, please comment on the videos or reach out to James. Your question may even be featured in a future video!**

## LEADERSHIP DEVELOPMENT INSTITUTE

Leadership Development Institutes (LDI) are dedicated to supporting and growing both formal and informal leaders throughout our organization. These sessions are an opportunity to enhance skills and look forward to how our leaders can best support all of the incredibly exciting things happening at our organization.

For March's LDI, we were happy to welcome Carla Anglehart, Leadership and Governance Specialist, in person, after working with Carla virtually at other LDI sessions throughout the year. The session focused on communication with colleagues, and explored strategies and practical tools to use during challenging conversations to support positive change, and enhanced relationships.

Pictured below are participants putting the practical communication tools to use through a number of role playing exercises.



The group also came together to look at future planning through an activity that focused on preparation for our upcoming organizational Strategic Planning process. A brainstorming session was held to explore potential areas to focus on and grow as an organization over the next 3-5 years, as well as identify information needed to help make decisions on future directions.



## RESIDENTS' COUNCIL CORNER

**RESIDENTS' COUNCIL CORNER**

The Four Seasons Lodge's Residents' and Family Council continues to meet on the third Thursday of each month. In March, the Residents discussed the exciting upgrades to the windows and doors planned for the Home later in the month as well as the developments on the new family and caregiver satisfaction survey that will be introduced this year.

The Council also discussed upcoming recreation activities and celebrations planned for St. Patrick's Day, which took place the day after the meeting. Following 'happy hour', a traditional Irish Stew along with a secondary option of Corn Beef and Cabbage were on the menu for the day.



The Residents' and Family Council also made plans for celebrating Easter as well as for their next outing in May when the weather is a bit more predictable. A number of ideas were brought forward for the next outing, such as bowling, a waterfront picnic, or a musical at the high school. Stay tuned to next month's Residents' Council Corner for further updates.

## WINDOW AND DOOR UPGRADES

The installation of new windows and exterior doors across the organization began in early March.

Our team will continue working closely with the contractors to minimize impact to patient and resident care areas during construction.



HOSPITAL NEWS

Our site is now part of the Emergency Department (ED) Peer-to-Peer Program.

The provincial Emergency Department (ED) Peer-to-Peer Program provides 24/7 on-demand, real-time support and coaching from experienced ED Physicians to aid attending physicians in the care of patients of all acuity levels and ages presenting to rural and remote EDs.



**OVERVIEW**

- The ED Peer-to-Peer Program provides a straight-forward way to directly support clinicians in rural and remote Ontario EDs and is available 24/7 for all CTAS levels and patients of all ages.



**BENEFITS**

- With one easy call, physicians of all experience levels in rural and remote EDs can be virtually connected to an ED Peer Physician to get support in the care of a patient of any acuity level or age
- The ED Peer-to-Peer program, using existing virtual technology infrastructure, will also support rural and remote sites with:
  - ⇒ the review of a clinical skill and/or procedure
  - ⇒ discuss emerging new treatments, and medications
  - ⇒ to debrief on a patient case
- The Program will work in collaboration with the Life and Limb policy, and other existing consultative clinical models



**AVAILABILITY**

- The Program launched in October 2022 and is now available in our Emergency Department



*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](mailto:amy.joyce@drdh.org).*

*The Deep River and District Hospital receives funding from Ontario Health. The opinions expressed in this publication do not necessarily represent the views of Ontario Health.*