

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

April 2023



Inside This Issue:

MANDATORY EDUCATION	2
BE A DONOR MONTH	3
STAFF HAPPENINGS	4
HR GROWTH PLANS	5
TEAM RECOGNITION	6-7
STAFF ADVENTURES	8
ACCREDITATION NEWS	9
DIABETES GROUP SESSIONS	10
COOKING FOR ONE	11
FOUNDATION NEWS	12-15
RESIDENTS COUNCIL CORNER	15
FAMILY HEALTH TEAM NEWS	16
FOUR SEASONS LODGE NEWS	17-18
LANDSCAPING OPEN HOUSE	19

MANDATORY EDUCATION—May 2023

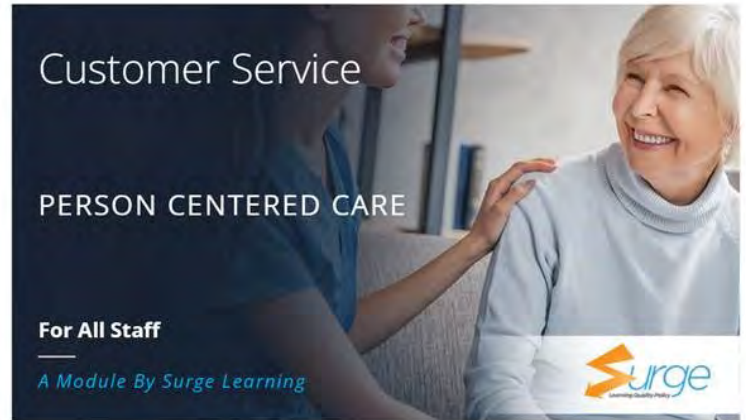
Please see the assigned education for the month of May. This is due to be completed by May 31, 2023. Please contact Mary Goodchild if you are having any issues accessing the education.

As a reminder, previously assigned Epic education related to the upgrade is also due on May 31, 2023.

MANDATORY EDUCATION

All Staff

- Suicide Prevention
- Suicide Prevention—LTC
- Disclosure Done Well
- LTC Fall Prevention Management Program
- Customer Service-Person Centered Care Module 2



RN/RPN

- LTC Fall Prevention Management Program – Appendices A to D

RPN

- Stericycle Procedures

Admin-On-Call/Clinical Staff

- Informed Consent and Capacity

RPN/PSW

- Restorative Care – 4 modules

Housekeeping

- RICN Environmental Cleaning Best Practice – General Cleaning (4b)

Maintenance & IT

- Ladder Safety Fast Facts



GREEN SHIRT DAY AND BE A DONOR MONTH



Each year, Green Shirt Day is held on April 7. Thank you to the Deep River Police and Fire Department, as well as all our DRDH team members who sported their green shirts to spread awareness for organ and tissue donation.

Green Shirt Day is dedicated to inspiring people to join the 'movement for life' in recognition of the vital link between organ donation and the gift of life.

The campaign is led by the Boulet family, whose son Logan Boulet was able to donate his organs to six Canadians in need after he succumbed to his injuries following the Humboldt bus crash of 2018. Logan's act inspired tens of thousands to become registered donors and we are hoping to inspire even more!



NEW HIRES

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Bailey Dombroski

Ashtin Dowie

This month we are pleased to welcome two new members to our team. Bailey has begun in the role of Project Coordinator (see page 5 for more information) and Ashtin is a Registered Practical Nurse. Please join us in extending a warm welcome to both Bailey and Ashtin.

welcome



Our team members were pleased to provide a \$500 donation to the Deep River and Area Food Bank on April 17. The donation was a result of those who opted to donate funds from the Festive Food Vouchers DRDH provided all staff members back in December. Pictured here, from left to right, are Lauren Haggerty and William Willard representing the group from DRDH who donated their vouchers, along with Food Bank volunteers Susan Yatabe, Candace Graham, and Cheryl Rhodes.

Human Resource Growth Plans—Update

With both our Long-Term Care and Family Health Team developments continuing to progress, work towards ensuring our workforce is ready to support these new developments is underway. Earlier in January, I shared that our team would be growing with the addition of new positions to support the work needed to grow our buildings and our workforce. I am now happy to provide an update as we move forward with filling a number of these positions.

In early April, we welcomed **Bailey Dombroski** in the role of **Project Coordinator**. The Project Coordinator role will focus on support for the current capital developments underway, as well as future projects and initiatives aimed at improving quality and services across the organization.

Recruitment is also underway for the role of **Clinical Information Analyst (CIA)**. The CIA will provide direct support for users of our Electronic Health Record systems, and support the organization as we build on these systems into the future. The CIA will start with a focus on Epic decision-making and support, as well as direct end-user training and day to day support.

Further, I am happy to share that **Rebekah Thompson** has moved from her role as Administrative Assistant into the recently posted position of **Human Resources Generalist**. This new resource of HR Generalist will focus specifically on supporting hiring and onboarding of staff, support for staff HR needs including benefits, employee supports and day-to-day human resource needs of our team.

Recognizing our increasing need to communicate with all of our partners and community, the position of **Public Affairs and Communication Coordinator** has been created. I am please to share that **Amy McDiarmid (née Joyce)** will be moving from the Executive Assistant & Communication Coordinator Position to fill this new role. The Public Affairs and Communications Coordinator role will focus on coordinating our messaging and brand, and sharing outward key messages that help us to meet our operational needs and strategic goals.

Recruitment is underway for both the Executive Assistant and Administrative Assistant positions.

Please join me in congratulating those growing with our organization, as well as welcoming our new team members.

Thank you,

Janna Hotson

President and Chief Executive Officer

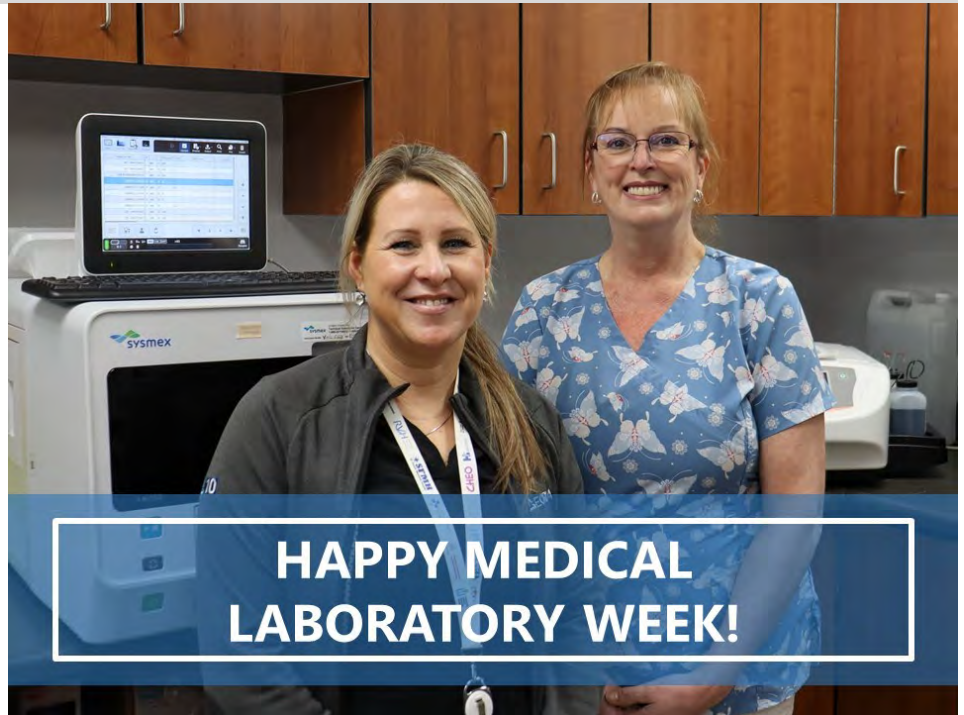


HAPPY MEDICAL LABORATORY WEEK!

From April 9 – 15 we highlighted EORLA's vital role in our health care system during the nationwide celebration of Medical Laboratory Week.

Whether they are caring for inpatients, outpatients, or emergency patients, our Lab Team provides accurate and timely test results that play a crucial role in medical decisions, diagnoses, and treatment options.

Join us in sending a big thank you to our Laboratory Professionals for working tirelessly to bring life-saving test results to the Deep River and District Hospital Team!



Pictured here are Lisa Moran (left) and Sue Ripley-Girard (right), Medical Laboratory Technologists at EORLA's DRDH site.

HAPPY MEDICAL LABORATORY WEEK!

From April 16 – 23, 2023, we celebrated National Volunteer Appreciation Week!

We cannot thank our volunteers enough for their commitment and dedication to our organization, team, patients, residents and community. We are grateful for the contributions that each of our volunteers make and their efforts that support our overall success.

Happy National Volunteer Appreciation Week!



HAPPY ADMINISTRATIVE PROFESSIONALS WEEK!



April 26 was National Administrative Professionals Day, and we want to take a moment to celebrate and appreciate the invaluable contributions of our devoted Administrative Professionals.

Please join us in expressing gratitude to our amazing team of Administrative Professionals!

Pictured in the top photo, from left to right, is Rebekah Thompson – Administrative Assistant who is in the midst of transitioning into her new role as Human Resources Generalist (congratulations Rebekah!), along with Amy McDiarmid – Executive Assistant & Communications Coordinator, and Amber Cox – Medical Affairs & Volunteer Coordinator.

Pictured in the bottom photo, from left to right, is Michelle Govereau—Family Health Team Office Coordinator, along with Heidi-Lynn McFarling and Jacki Harris—Family Health Team Medical Receptionists.



CONGRATULATIONS LOGAN!

Congratulations to Logan Kirkpatrick on being nominated for a Student Volunteer Award through AdvantAge Ontario.

Logan is a high school student who completed his co-op placement predominantly in Physiotherapy and spent much of his time with residents in the Four Seasons Lodge. For his contributions to the Home, Logan received an honourable mention!

congratulations



STAFF OUTDOOR ADVENTURE MONDAYS!

JOIN US FOR A STAFF
OUTDOOR ADVENTURE

12:00 pm – 12:30 pm
on Mondays!

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.

If you're interested please email
James.Thompson@drdh.org so he can send
you a calendar invite to help block off some
nature time for yourself.

REFRESH, RECHARGE,
REJUVENATE



ACCREDITATION NEWS


ACCREDITATION
CANADA

We are very excited to share that our organization will once again be participating in the Accreditation Canada survey process this year starting November 12, 2023. April marks 7 months until our survey begins, and work to prepare has already begun!

For those that may not be aware, Accreditation Canada is an independent non-governmental organization that assesses health care organizations against best practices and standards of excellence. We participate in the process every 4 years as part of our commitment to quality improvement. The survey helps to identify what we are doing well and what we can work on to keep improving our care and services.

During our survey, Accreditation Surveyors will be onsite with us from **November 13-15th**, learning more about the care that we provide, how our organization works and talking to us, our patients, residents and community members.

While work to prepare for our survey has already begun, over the next few months, more information and education will follow, as well as opportunities to provide input and feedback for the survey. The first opportunity to provide feedback is through the Worklife Pulse Survey—see below for more information.

If you have any questions, please do not hesitate to reach out to Tabitha Kearney or your supervisor, and thank you in advance for your engagement and participation in this valuable process.

NOW OPEN—Worklife Pulse Survey

The first opportunity to provide feedback as part of our Accreditation process starts with the Worklife Pulse Survey, which is available until May 12, 2023!

The Worklife Pulse survey has been developed by Accreditation Canada to collect feedback from employees of the organization on your opinions on different aspects of your work environment. The results help us identify areas that may need to be improved.

Responses are completely anonymous. They are sent directly to Accreditation Canada and we receive summary, not individual results.



Please see Tabitha Kearney's April 17 email for the specific login information for our organization.

The threshold for the survey is 80 responses required. Once 80 responses are received, a random draw from all staff will be held for a prize (\$50 value) to thank everyone for taking the time to complete to survey, so encourage everyone to participate!

Thank you for your participation!



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 17th at 10:30-11:30a.m.
- Monday, May 15th at 10:30-11:30a.m.
- Monday, June 12th 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](tel:613-584-1037)**



Enjoy Cooking for One



When you are shopping and making meals and snacks for one person, unless preparing food is your passion or you are posting it to social media for fun, it can feel like a chore. It's easier and more tempting to simply follow the whims of your appetite and see what food delivery app can get your cravings to you faster than to prepare, shop, and cook a meal. And sometimes that is a fine choice, however, it wouldn't be the best choice for eating daily. Eating for one person actually requires more planning than cooking for a family, to prevent excessive food costs and food waste. Planning and meal prepping for one person do take some time and consideration, but the results are improved digestion, impact on mood and energy, better sleep, and huge food cost-savings for your wallet. Here are four tips to make cooking for one person simpler, more fun, and budget-friendly:

Make Preparation a Priority

Beginning the process of prepping and cooking more often requires a mindset shift; think of it not as "I HAVE to cook something;" but rather, "I GET to cook something for myself." Cooking for one can be fun once you begin to see it that way. It can be an empowering form of self-care and it remains a life skill that no one can replicate for you. Set aside a minimum of 2 hours weekly, every week at the same time, if possible, to know you are going to shop, prep, and cook. This means a dedicated, time-blocked place in your weekly calendar.

Make friends with your freezer

You may or may not be used to eating frozen food, but if you are alone, it's a necessity. Many frozen fruits and vegetables are more nutrient-dense than their so-called fresh counterparts that have traveled for months to land limp and unripe on your store shelves. Making one-pot meals that use vegetables, grains, and easy cheap proteins like beans and lentils, creates dishes that freeze beautifully. Curry, stew, chili, soup, casserole, and even pasta, can be portioned and frozen. Portion dishes immediately after cooking into individual or 2-serving glass containers and pop them into the freezer. This way, you can plan a week of meals, using rotating frozen meals; pull them out and put them into the fridge the day before you wish to eat them.

Don't post on Social, Be Social

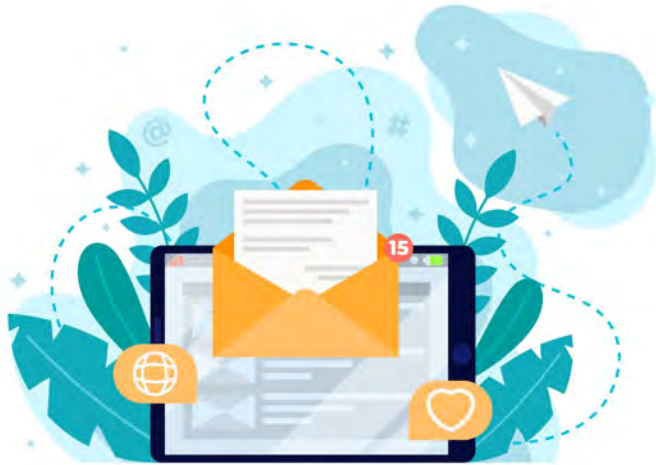
Food is better with friends and family. Make shopping, prepping, and cooking part of your social life, to reduce that feeling of burden. Create a plan bi-monthly or even monthly to start, shopping for two recipes with a friend or family member. Plan to shop and then cook on the same day, to commit to the process. Together, cook at least two different one-pot style stews, casseroles, curries, or soups that can be divided into two. With your handy freezer-friendly containers, you each leave with two to four portions of two different meals for the week.

Put Recipes on the Chopping Block

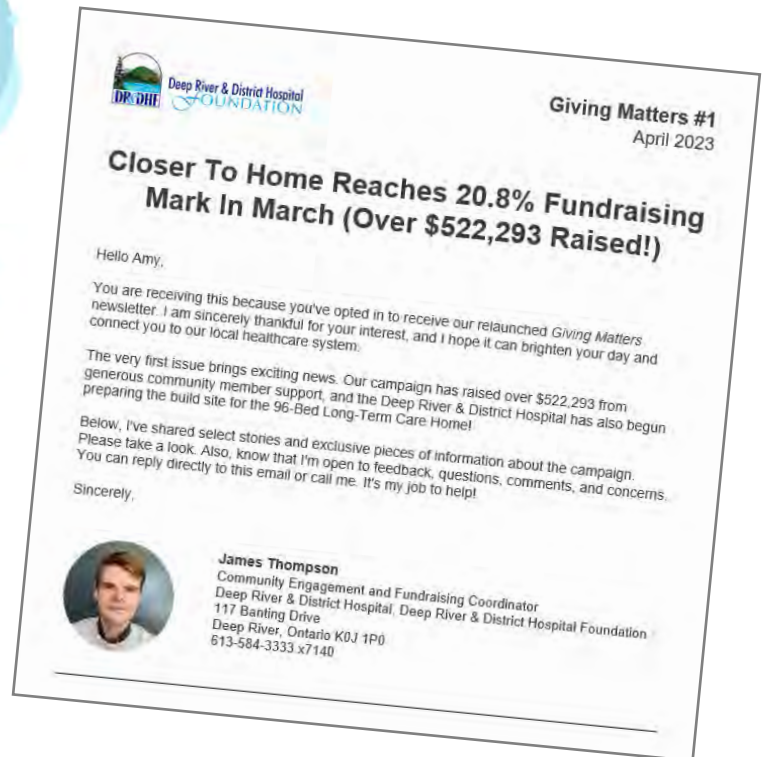
Instead of worrying you will have too much of a dish before you begin, divide all listed portions in the recipe in half. That way you are realistically cooking for one to three servings, which should give you at least enough for two meals.

Click here to read the full article from LifeSpeak:

<https://wellness.lifespeak.com/expertblog/enjoying-cooking-for-one--5809>



Subscribe to Giving Matters!



This month, the DRDH Foundation re-launched the Giving Matters email newsletter to share exciting fundraising and campaign updates with our community.

Reach out to James at foundation@drdh.org to get added to the mailing list and make sure you don't miss a beat.

Below is just a sample of some of the content included within the first edition of Giving Matters:

Detailed Look: Where Did \$522K Come From?

The \$2.5M Closer To Home fundraising campaign is shared between the Deep River & District Hospital, DRDH Foundation, and DRDH Auxiliary. Each organization raises funds and supports the construction of the 96-bed Long-Term Care Home in different ways.

Because of the efforts and generosity of *our community*, we have been extremely fortunate to receive a mixture of donations and pledges that make up the total raised to date.

Our largest sources of support have been events and dozens of gifts and pledges at the **Bronze** and **Silver** sponsorship level. Each contributor will have a name engraved in the permanent donor recognition plaque as a thank-you for sharing their resources and helping the community.

DRDH Foundation (received)	\$333,238
DRDH Foundation (pledged)	\$132,555
DRDH Auxiliary	\$40,000
DRDH Corporate Grants	\$16,500
TOTAL	\$522,293

Amazingly, over \$70,000 was raised through a letter to only 200 people in the community. Events have also brought \$72,000 for the campaign. We also have the DRDH Board and the DRDH Executive Team to thank for very generous pledges .

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 DRDHFUNDATION.COM/EVENTS

RUN FOR HOME 2023 REGISTRATION IS NOW OPEN!

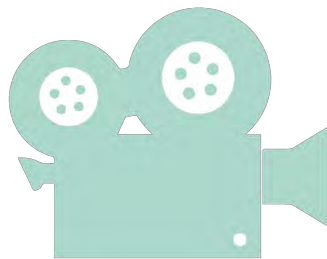
Come and run, walk, or move 2K, 5K, 10K, or a half-marathon to support the Closer To Home campaign at the Deep River & District Hospital on June 24th. All proceeds from this event will go towards building a 96-bed long-term care home to serve the community.

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!

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

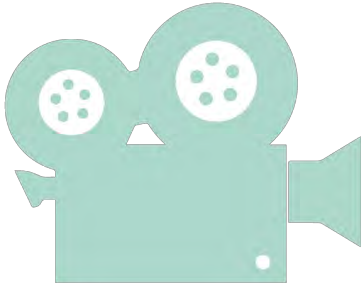
Register yourself for Run For Home 2023 by [clicking here](#).

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



Click [here](#) to hear Run for Home co-organizer Amanda Haughton share more information about the event!



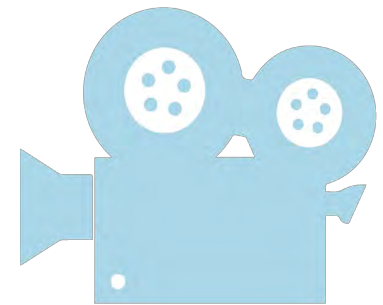


Click here
to watch the video



In the third video installment of our series about our Long-Term Care Development Project, James Thompson—Community Engagement and Fundraising Coordinator, sits down with Janna Hotson—President and CEO, to hear the background story of the new home and its upcoming role in enhancing quality of life for numerous individuals and families within our community for decades to come.

Check out the DRDH and DRDH Foundation Facebook pages to view the earlier videos in the series!



Click here
to watch the video

In the fourth video, James sits down with Janna again to hear how health services are intimately linked in our community. When one area of care sees a backlog (such as Long-Term Care) then other areas are affected too, such as emergency room and in-patient treatment. Building a 96-Bed Long-Term Care Home in Deep River is a major step towards improving quality care across the entire system.

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!

APRIL EARLY BIRD PRIZE**\$1,000.00**

#99006219003

Glenn Law

Congratulations to **Glenn Law** for winning the April Early Bird prize of **\$1,000**, and to **Michelle Hunter** for winning the April Grand Prize of **\$4,612.50**.

Head to deep5050.ca for your chance to be one of the lucky winners next month!

APRIL GRAND PRIZE**\$4,612.50**

#621372014

Michelle Hunter

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 April, the Council provided feedback on the draft Family and Caregiver Satisfaction Survey which will be launched in the coming months. The Council also reviewed their recent outing to the Deep River Bowling Alley and made plans for their next outing for a walk at the waterfront in early May. Preparations were also discussed for the upcoming Mother's Day lunch and ensuring the gardens will be ready!

The Council continues to review a right from the Resident's Bill of Rights at each meeting to ensure everyone has an understanding of their rights and ask any questions they may have.

The Council looks forward to sharing input into the development of the 2023-2027 Strategic Plan at their next meeting.



FAMILY HEALTH TEAM DEVELOPMENT PROJECT PROGRESS



On the afternoon of April 26, an exciting design meeting took place with members of our team, as well as architects and Project Managers, to gather feedback for the Family Health Team Development Project.

VOLUNTEER EXPO



Amber Cox was at the Petawawa Military Family Resource Centre's Volunteer Expo representing DRDH on April 27, 2023.

Thanks to anyone who stopped by to say hello and learn more about the various volunteer opportunities at DRDH.

DRDH was among a number of other local organizations at the Expo recruiting for volunteers including the Ontario SPCA, Community Living Upper Ottawa Valley, Carefor Health & Community Services, and more!

RURAL AND REMOTE MEDICINE CONFERENCE

Dr. Ceponis and Amber Cox hit the road in April to represent DRDH at the 30th Annual Rural and Remote Medicine Conference.

The conference took place from April 20-22 in Niagara Falls, and was a great opportunity to share information about all the exciting physician opportunities at DRDH.



QUILT OF VALOUR PRESENTATION

On the afternoon of April 13, a small outdoor ceremony was held at the Four Seasons Lodge to celebrate retired MCpl Russell Barber, who served in the Canadian Armed Forces for over 18 years.

Russell was presented with a beautiful Quilt of Valour by Jim Myler, pictured here. The home would like to extend thanks to the Quilts of Valour organization, and to Jim for taking the time to visit our home to provide this memorable presentation for the residents and team. Congratulations Russell on your Quilt of Valour and thank you for your service.



AdvantAge Ontario Conference

Earlier this month, Janna Hotson, William Williard, Tabitha Kearney, Jenny Hickson, Ann Kelly, James Thompson, and Alana Hawley represented our organization at the AdvantAge conference in Toronto. James and William delivered a presentation on Fundraising Success, and Tabitha and Janna presented on Emergency Preparedness in Long-Term Care.

I think it's safe to say that when they weren't presenting, networking, or learning awesome things to implement back home at DRDH, they managed to have a little fun at the 80s themed AdvantAge banquet!



LANDSCAPING OPEN HOUSE—JOIN US!

DEEP RIVER &
DISTRICT HOSPITAL

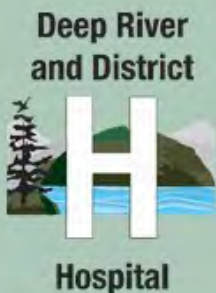
LONG-TERM CARE
DEVELOPMENT
PROJECT

LANDSCAPING
OPEN HOUSE



MAY 10, 2023 / DEEP RIVER LIBRARY / 6:00 – 8:00 PM

Members of the **Deep River and Area Horticultural Society**, as well as any other interested community members, are invited to please join us and share landscaping ideas for our future 96-bed Long-Term Care Home!



Come to hear all the exciting project updates and help ensure the gardens will be spaces that residents and families enjoy for years to come

WSIB DAY OF MOURNING



April 28 was the National Day of Mourning in Canada, which is a time to honour all the people who have died, been injured, or suffered illness at work.

The Canadian flag flew at half-mast at DRDH on April 28 in recognition of the Day of Mourning.

NATIONAL IMMUNIZATION AWARENESS WEEK

“ HPV took my sister from me. Now, I'm raising awareness to save others. — Neil

Together, we can protect our families and communities from vaccine-preventable diseases. **Speak to your health provider.**

April 24—30, 2023 was National Immunization Awareness Week!

Immunize Canada encourages everyone in Canada to get up to date on the vaccines they need and catch up with confidence.

Talk to your healthcare provider, and [click here](#) to view the Renfrew County and District Health Unit's schedule of catch up clinics in schools and in the community.

“ I almost lost my life to meningitis B. Now, we're raising awareness to save others. — Chloe and her mom, Andrea

Together, we can protect our families and communities from vaccine-preventable diseases. **Speak to your health provider.**

{ *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 Ontario Health. The opinions expressed in this publication do not necessarily represent the views of Ontario Health.