

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

July 2023



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MANDATORY EDUCATION—August 2023

Please see the assigned education for the month of August. This is due to be completed by **August 30, 2023**. Please contact Mary Goodchild if you are having any issues accessing the education.

MANDATORY EDUCATION

All Staff

- Ethics in Healthcare – Module 2
- Organizational Risk Management – Operators and Healthcare Providers
- Person Centered Language
- Person Centered Language-Word Swap

RN/RPN

- Glucose Meter – POCT Review
- Bloody Easy Lite Module 1
- High Alert Medication

RN

- HEADS ED Video – video for over 6 years old only (Due September 25, 2023)

Lab

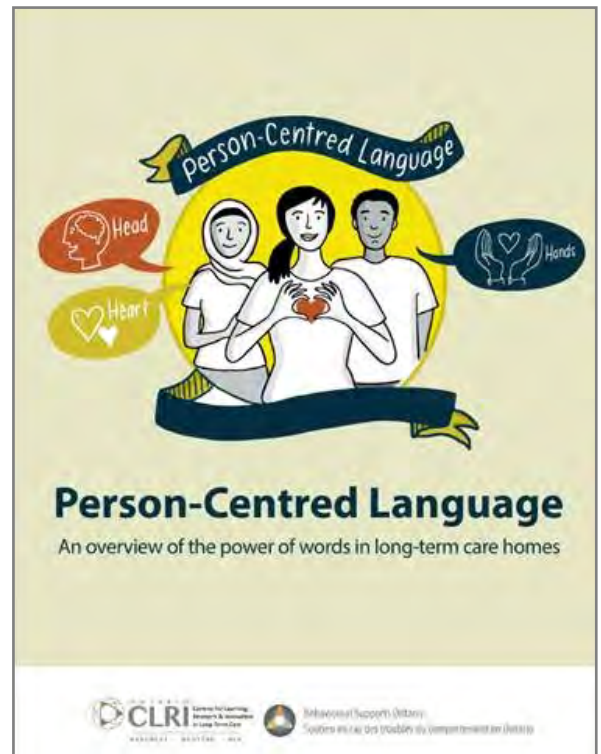
- ORBCON Tech Access Basic – 11 modules (Assigned in July - Due September 30, 2023)

Housekeeping

- RICN Environmental Cleaning Best Practice – Audits

IT and Maintenance

- Back Care and General Lifting Safety Talk



DRDH ANNOUNCES NEW CHIEF NURSING EXECUTIVE

The organization is pleased to announce the appointment of Allison Lepack as Vice President of Clinical Services and Chief Nursing Executive (CNE) of the Deep River and District Hospital, the Four Seasons Lodge Long-Term Care Home, and the North Renfrew Family Health Team (DRDH), effective July 31, 2023.

Allison holds a Registered Nurse designation and is a member of the Canadian College of Health Leaders. Over her five-year tenure at DRDH, Allison has held positions of leadership overseeing acute care, as well as clinical operations across the organization. Through her leadership, Allison has supported the organization through Accreditation preparedness, Epic implementation, long-term care transformation, day-to-day operations, as well as COVID-19 response. During her tenure at DRDH, Allison has demonstrated immense dedication to the values of the organization and to ensuring patients and residents are always cared for like loved ones.

Allison is the successor to Tabitha Kearney, who will be relocating to Wainwright, Alberta this summer as part of her military family journey after calling Petawawa home for the last 11 years.

The organization is very pleased with the results of the recruitment process, and extends a warm welcome to Allison as she assumes the position of Vice President of Clinical Services and CNE.

Janna Hotson, DRDH President and CEO, is enthusiastic for Allison to assume her new role and shared that, “we are pleased the outcome of this recruitment process has demonstrated the success of growth and development for our team. Allison has shown her leadership abilities throughout her time at DRDH and I look forward to seeing her grow within our organization in this increased capacity. Having Allison transition into the Vice President of Clinical Services and Chief Nursing Executive role ensures continuity of leadership and ensures our workforce is ready to support the new developments underway.”

Please join us in congratulating Allison Lepack on her appointment as Vice President of Clinical Services and Chief Nursing Executive.



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congratulations

STAFF HAPPENINGS

NEW HIRES



We are pleased to welcome 12 new members to the DRDH Team this month. **Alexandria** has joined us in Housekeeping, **Kristie** is a Pharmacy Technician, **James** is a student with Maintenance, **Hannah** is a Registration Clerk, **Mandy** is a Business Analyst, **Natalie** is Executive Assistant, **Kelsea**, **Morgan**, **Michelle**, and **Selena** are Registered Practical Nurses, **Grace** is a Registered Nurse and **Kaitlyn** is a Personal Support Worker. Please join us in extending a warm welcome to all the new members of our team this month!

In addition, **Julie Adams** also began in her new role as Administrative Assistant this month.

CONGRATULATIONS RENÉE



Earlier this month, Renée Bedard received her Radiation Safety Officer certification—way to go Renée!



THE ESSENTIAL PIECES AWARD—Call for Nominations

Caring

Excellence

Safety



The ESSENTIAL PIECES Award



Innovation

Partnering

Integrity

The Essential Pieces Award allows for peer recognition of an individual who performs outstanding, consistent actions that contribute to the overall exceptional experience for the patients, residents and/or visitors of our organization. Any member of our team across any department is eligible to be nominated for an Essential Pieces Award, including physicians, volunteers, or students.

The nomination form can be found on Policy Medical (*Organizational Resources* → *Human Resources* → *Essential Pieces Award*). The form includes a written piece that allows nominators an opportunity to describe how the individual they are nominating demonstrates outstanding, consistent actions that contribute to the exceptional care experience for all.

If you would like to nominate someone for an Essential Pieces Award who you feel should be recognized for their contributions, please don't hesitate to submit a nomination at any time throughout the year!

Completed forms can be submitted to Natalie Vildaer, Executive Assistant, in which ever format works best for you—either by email (nvildaer@drdh.org) or a paper copy enclosed in an envelope.

ESSENTIAL PIECES

CALL FOR NOMINATIONS!

MEMO—Safety Data Sheet Relocation

Safety Data Sheets

On behalf of the Joint Health and Safety Committee, all Safety Data Sheets (SDS) are updated and stored electronically on Policy Medical under Policies & Forms → Occupational Health → Safety Data Sheets.

Hard copies have been consolidated and the binder is located in the Laundry Department office, under the desk.



Wireless Device Use in Care Areas

As part of our organizations commitment to maintaining a person centered and safe patient/resident care environment, a new policy Wireless Communication Device Use in Care Areas is in effect as of July 10, 2023.

This policy helps to ensure that all use of wireless communication devices within care areas will be made with consideration and priority of confidentiality, privacy, respect, safety, and dignity for the patients and residents we serve as they deserve our full focus and attention when interacting with them. The policy can also be found on Policy Medical.

The policy has been assigned for review and attestation on Surge as part of July's education. The test for this policy will act as the initial signature for the required attestation for all current employees.

Please do not hesitate to contact your Supervisor or Manager if you have any questions.



Incident Reporting: Downtime Procedure

In order to support timely incident reporting during planned or unplanned downtime that impacts access to Surge, all incident reporting forms found on Surge have been printed and copies left in in a central location in the Medical Floor filing cabinet.

If an incident that requires reporting occurs during Surge downtime, please utilize the paper reporting forms. Once completed, provide the form to your direct Manager for review.

Please review the Incident Reporting Policy for further information about reporting events, or contact the Charge Nurse or your Manager if you have questions.



A FOND FAREWELL FOR NOW!



*farewell
for now*

We gathered together on Friday, July 28 to say a fond farewell for now to Tabitha Kearney before she and her family began their journey to Wainwright, Alberta. DRDH was fortunate to have had Tabitha here for the last 5 years of her career and we wish her all the best in this next chapter for her family.

We wanted to make sure Tabitha had everything she needed for her wild west adventure—especially a hot pink cowboy hat...yeehaw!

Though Tabitha will no longer be onsite, she will remain available over the coming months to help support Allison Lepack in her transition and co-ordinate preparations for Accreditation. Tabitha will remain reachable by e-mail and phone, so please do not hesitate to reach out to her for anything Accreditation related.

DEEP RIVER AND DISTRICT HOSPITAL PATIENT EXPERIENCE SURVEY GOES DIGITAL

DRDH has launched a new digital patient experience tool, partnering with Qualtrics to offer a fully digital, advanced, user-friendly survey experience. Through Qualtrics, patients seen in DRDH's Emergency Department or Inpatient Unit will have an opportunity to provide feedback on their experience in a confidential, anonymous, and secure way that is timely and easy, helping to continue to improve care and services.

Patients seen in DRDH's Emergency Department or discharged from the Inpatient Unit will now receive an email following their visit to invite them to complete an electronic Patient Experience Survey. Previously, DRDH sought feedback using a paper-based tool, sent in the mail after visits.

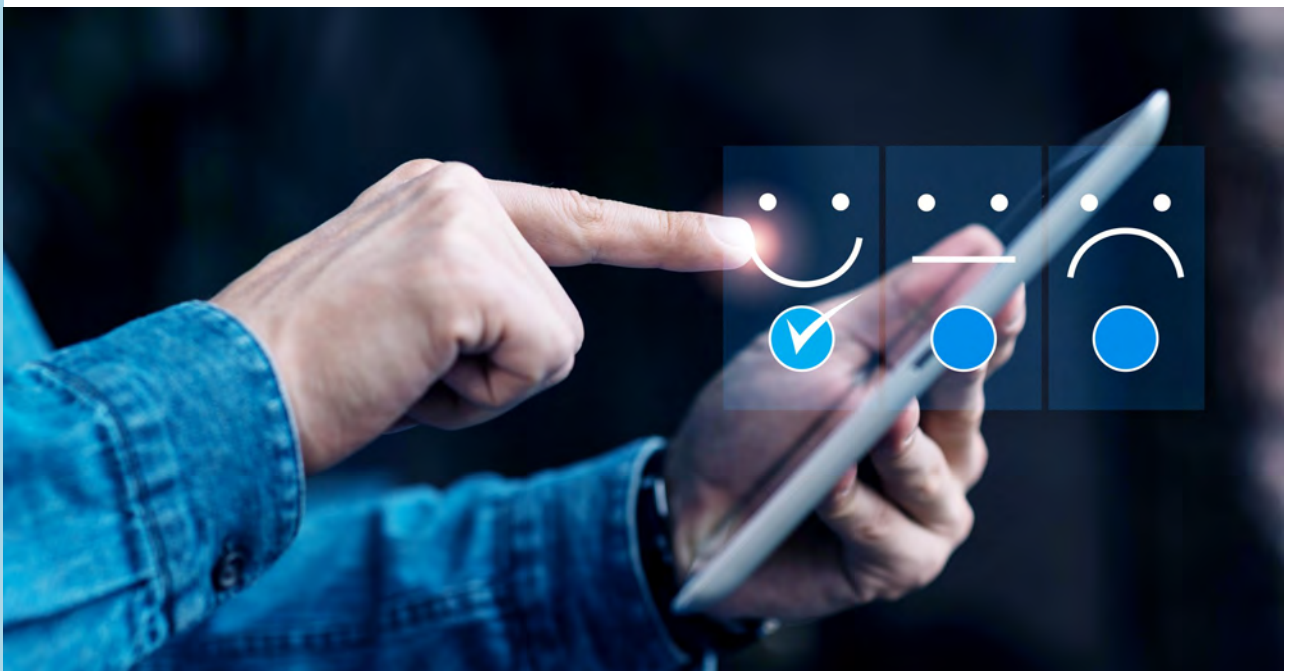
With this new innovative approach, the hospital will no longer mail out paper surveys. Instead, the new electronic Patient Experience Survey will be sent to patients via email with an embedded link that brings them directly to the survey. Patients will receive the survey promptly while their experience is fresh, increasing response rates and the hospital's ability to get results quicker. Patients can complete the survey anywhere, anytime.

"At DRDH, we are committed to providing excellent, compassionate care, and we strive for continuous improvement," said Tabitha Kearney, VP of Clinical Services and Chief Nursing Executive. "Patient surveys are a valuable tool that our team uses to better understand a patients' experience when they receive care from us. The move to a digital survey offers many benefits, and this new platform will increase timely feedback so we can keep improving the delivery of care for our community."

Electronic surveys have become the standard practice across most industries, and are a leading practice in healthcare to gather patient feedback in a cost-effective, timely way. The Deep River and District Hospital surveys patients who receive care as an opportunity to continue to improve the quality of care and overall patient experience.

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FREQUENTLY ASKED QUESTIONS

Why does DRDH collect patients' email addresses?

We collect patient email addresses to send each patient a Patient Experience Survey following their visit or admission. We also collect patient email addresses for those who wish to sign up for MyChart, a secure online patient portal.

If I don't have an email address, can my partner, parent, or family member provide their email address instead?

Yes, as long as you and the other person providing the email address agree, via verbal consent to the Registration Clerk, and understand the survey is only to be answered by you (the patient).

When will I receive the survey?

Surveys are generally sent to patients by email, one to two days after they receive care.

When I complete the survey, will the hospital staff know who the feedback is from?

Your answers are confidential and will be combined with those from other patients in a report provided to the hospital with aggregate data and feedback. Your identity will remain anonymous.

How are my responses used? Who has access to these responses?

Information we gather from experience surveys gives us insight into your experience and perspective on the quality of care you receive at the Deep River and District Hospital. The information received will help inform and improve person-centred care across the hospital and improve the delivery of services.

It is important to note that these are confidential surveys, your information will not be shared.

Will I receive multiple surveys if I visit DRDH more than once?

Once you submit your survey, the system will automatically remove your name from the list, so you do not receive multiple invitations to participate in the survey for at least three months.

Who will the survey come from?

You will receive the Patient Experience Survey email from DRDH's Vice President of Clinical Services and Chief Nursing Executive.

Will a patient's email address be shared with a third party?

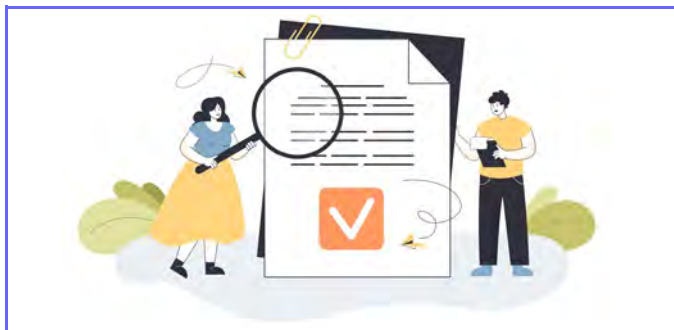
No, the hospital along with Qualtrics, the independent firm conducting the survey on our behalf, are the only organizations that will receive the patient's contact information. Qualtrics and DRDH fully comply with federal and provincial privacy legislation, which governs the collection, use, and disclosure of personal health information within the health sector.



ACCREDITATION COUNTDOWN



4 MONTHS TO GO!



ACCREDITATION UPDATE

Over the last month, 12 Committees have met and have updated and reviewed **55** policies!

As the minutes from the meetings are finalized, the updated policies will be uploaded to Policy Medical and any adjustments to practice will be shared through the Manager/Supervisor.

STAFF & PHYSICIAN SURVEY UPDATES

Thank you to everyone who took the time to complete the **Patient Safety Culture Survey** in June. Improvement actions based on the survey results are under development, with results to be shared soon.

ROP SPOTLIGHT

ROPs are essential practices that organizations must have in place to enhance patient/resident safety and minimize risk. The Safety Culture category includes the following standards:

Incident Management and Reporting

- Reporting safety incidents allows us to track trends and identify where improvements can be made to increase patient, resident and staff safety.
- Our role is to complete, with as much detail as possible, an incident report on Surge whenever an adverse event occurs.

Incident Reports

- The Board of Director receives quarterly reports on trends, critical events and priority quality indicators. These reports identify high risk areas that are a priority to address to ensure patient/resident and staff safety.
- Action items are incorporated into the Quality Improvement Plan (QIP), Patient Safety Plan or other initiatives. Leaders are then tasked with incorporating the action items into their departments.

Incident Disclosure

- Disclosure provides an opportunity for patients, residents and family to provide feedback on the incident.
- Our role is to provide support and education/information for the people and families involved.
- Disclosure is mandatory and tracked on Surge QRM.

Accountability for Quality

- The Board of Directors provides oversight for quality at our organization through approval of the QIP which guides annual quality initiatives.
- At the departmental level, quality is measured on the departmental dashboards, which can be found on the bulletin boards in each department and Policy Medical.
- Our role is to know the items on the QIP and dashboards, how our work impacts the indicators on the QIP and dashboards, and how work on these items is progressing.



ACCREDITATION
CANADA

FOUNDATION NEWS—Thank You Ken & Leela



Special thanks to Ken & Leela Philipose for their recent donation of \$15,261 to the Closer To Home campaign to help build a 96-bed Long-Term Care Home in Deep River! Here's what Ken had to say:

"My wife Leela and I immigrated to Canada and have enjoyed living in Deep River for close to 40 years. I came to Canada in the nineteen sixties to do my Masters Degree in Engineering. Having lived in Montreal and then in Toronto before, we were happy to find that in the town of Deep River, the activities we loved were all within a short drive. We played tennis, cycled, sailed, and took up cross-country skiing. Everyone was so warm and welcoming. We considered this an ideal place to raise our children.

We believe that the Deep River & District Hospital is the most important institution in our town. I am happy that I was able to serve on the Hospital Board for six years. Through this experience, I learned that the Ministry of Health does not provide funding needed to replace or buy new equipment essential for the hospital. We joined the donor group to help with this in 2018.

Of all the various attractions the town has to offer, we were most grateful for the Deep River and District Hospital and their caring staff. We are really excited about the 96-bed Long Term Care home to be built in Deep River. We believe that this facility is essential to take care of our aging community. This new Long Term Care Home will give the people who love living here, the option to continue living in this beautiful town.

However, this would also require a local fundraising effort of \$2.5M. This is why we are committed to support the DRDH financially and otherwise and be part of the donor group."

Ken & Leela will join 36 other households, individuals, and companies on the permanent donor recognition plaque in the new home.

If you are interested in joining the Philipose Family and many others in supporting the Closer To Home Campaign, please contact us today to discuss options and ideas.

You can learn more about the Closer To Home campaign here:

<https://drdhfoundation.com/closer-to-home>

FOUNDATION NEWS—Donating Shares 101

Donating Shares 101: What are the Tax Benefits? Interview with Christopher Carroll CPA, CA

Did you know that donating shares can save you significant taxes compared to donating the equivalent amount in cash? (But not in all cases... watch our video to learn more!)

We spoke with Christopher Carroll, CPA about the benefits of donating publicly traded shares and bonds, and he outlined a few different scenarios for those who have appreciated shares and wish to make a donation to a registered charity.

Thanks to Christopher Carroll CPA, CA for having this discussion!

DISCLAIMER: This interview was filmed for general educational purposes only and should not be used to make decisions about your personal finances. Please contact a financial professional if you have questions about donating shares or other assets. Every situation is unique.



FOUNDATION NEWS—Donate Cash or Your Empties

Great news! The Beer Store in Deep River is raising funds for DRDH through empty bottle returns and monetary donations from **July 3 to August 27, 2023**.

All money raised through this initiative will go towards the Closer To Home Campaign. Thank you!

Donate cash or your empties

at your closest Beer Store location from July 3rd to August 27th to support local hospitals and foodbanks.

100% of your donations go directly to those in need.



FOUNDATION NEWS—A Message from our Mayor

We recently spoke with the Mayor of The Town of Deep River, Suzanne D'Eon, about the upcoming 96-Bed Long-Term Care Home project. Topics included housing, Town of Deep River support for the construction, and how the home will impact the community.

Since the interview was held, The Town of Deep River Council also voted YES on two grants for the project: one for \$55,000, and another \$10,000 to help cover expenses for the Run For Home 2023 event. These grants have boosted our progress towards fulfilling the \$2.5M Closer To Home campaign fundraising goal, which is currently at 29.3% completion. Town of Deep River council has also voted to send a community challenge letter to Laurentian Hills, Petawawa, Head Claire Maria and the County of Renfrew from the Mayor on behalf of Council. Special thanks to Mayor Suzanne D'Eon for taking the time to speak with us!



Interview with Mayor of The Town Of Deep River On The 96-Bed Long-Term Care Home Project



Deep River & Distr...

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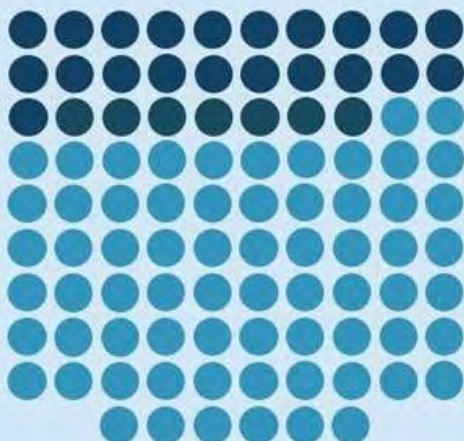


Share



FOUNDATION NEWS—Funding Progress

28
People & Families



68 More
@ \$26,100
each

Funding Progress: 29.4%
(\$734,310 Raised)

Thanks to our generous network of supporters, our Closer to Home campaign has received enough funding to support 28 beds of the 96 total needed!

LAND EXCHANGED IN THREE WAY PARTNERSHIP TO BENEFIT HEALTH CAMPUS



Pictured here onsite at DRDH to celebrate the land transfer agreement is Sean Patterson – Town of Deep River CAO, Janna Hotson – DRDH President and CEO, David Cox – DRDH Board Chair, Mayor Sue D'Eon – Town of Deep River, John McKay – Four Seasons Conservancy and Christian Kaiser – Town of Deep River Asset and Administrative Project Manager.

A land transfer agreement has been finalized to support the growth underway at the Deep River and District Hospital (DRDH) health campus.

Three parcels of land have been exchanged in a partnership between the Town of Deep River, the Four Seasons Conservancy, and DRDH to support development as well as conservation in our community.

The land exchange will support continuity of services during construction for both the new 96-bed Long-Term Care Home as well as the new Family Health Team building, which are both planned to kick-off later this year. As a result of the transfer, adjustments have been made to site planning that will improve flow for future patients, residents, and staff at the health campus as it grows over the coming years.

DRDH Board Chair David Cox expressed his thanks to the Town of Deep River and the Four Seasons Conservancy for supporting DRDH through this land exchange partnership. “Having this land exchange completed is a very important milestone for the project. We are grateful to the Town and Conservancy for their willingness to move forward with the exchange to help ensure DRDH can continue to provide quality care and services as we expand our facilities, services, and team to build a healthier community.”

Continued on next page...

“I am very pleased that the Town of Deep River has been able to help facilitate improvements and flexibility for the site layout and landscape design of the new Four Seasons Lodge and North Renfrew Family Health Team facility,” said Sue D’Eon, Mayor, Town of Deep River. “This land exchange will benefit our community through the contribution of some municipal land and by helping to facilitate a land exchange with the Four Seasons Conservancy. The east-end lands are an important part of our community, and much of it was acquired through community donations. The Four Seasons Conservancy has managed these lands, and helped to preserve our natural heritage. I would like to thank them for further supporting our community by agreeing to this exchange.”

The new Four Seasons Lodge Long-Term Care Home, estimated to open as early as 2025, will greatly contribute to the economic prosperity of our area by providing 200 new jobs and an increase of \$5M in direct wages annually. With the new home, the long waitlist our community has for long-term care will be greatly eased, allowing those who need long-term care to access it closer to home.

As part of the expanding campus of care, the new Family Health Team building will improve patient experience and ensure the Family Health Team and its service providers can continue to deliver important medical services in a modern and accessible space that will meet evolving community needs into the future.

“Construction of a new 96-bed long-term care facility and a new family health team building at the DRDH campus represent significant investments which will be of immense benefit to all our residents and which will also significantly increase employment opportunities in Deep River and the surrounding area. I wish to express my thanks to the DRDH staff and Board of Directors for their dedicated efforts to advocate for these important projects,” expressed Sue D’Eon, Mayor, Town of Deep River.

Ray Metcalfe, Chair of the Conservancy, added that, “our Board and members are pleased to support health in the community in this way. Nearby trails through the Four Seasons Forest Sanctuary will be ‘improved’ and made accessible to visitors and residents of the Lodge. We expect they will still see the occasional wolves and deer, and hear the beautiful spring birdsong in these cherished woodlands.”

Site preparations at the health campus for the Long-Term Care and Family Health Team development projects will continue over the summer months, with official ground breaking events for both projects to take place this fall.



FOUR SEASONS LODGE NEWS—Happy Canada Day!



Rhya-Lee Rabishaw, Chantel Nieman, and Jesse McCauley were all decked out for Canada Day celebrations with our residents in the Four Seasons Lodge on July 1.



HAPPY CANADA DAY!

RESIDENTS' COUNCIL CORNER

At July's Residents' and Family Council meeting, the residents reviewed plans for the upcoming Code Green evacuation with the Deep River Fire Department scheduled for July 26, 2023. See page 18 for some great photos from the drill.

Photos were shared with the Council of the new Long-Term Care Home design showcasing the outdoor areas, front entry way with coffee bar, harvest room and resident bedrooms. The residents look forward to sharing ideas for celebrating at the groundbreaking event for the new home this fall.

The Council also discussed recreational programming, sharing that they would like to continue with gardening and book club. It was also noted that the recent tie dying experience was quite pleasurable! Planning is underway for an outing opportunity in August to the beach where it is planned that a picnic lunch will be enjoyed.

The Council also reviewed one right from the Residents Bill of Rights, which they have been doing each meeting since February. For July's meeting, Right 10 was reviewed, highlighting that every resident has the right to pursue social, cultural, religious, spiritual and other interests to develop their potential and to be given reasonable assistance to pursue these interests and to develop their potential.

The Council discussed virtual church services as well as the in-person multi-denominational service offered for all residents looking to participate. Brenda, the Council's President, shared that the group providing the service offers an opportunity to participate in the religious denomination of choice, learn about a new religion, or just come together to enjoy the music. A spiritual counselling session was also hosted last month for those who wished to take part.



FOUR SEASONS LODGE NEWS—Concerts in Care

Thank you to the North Bay Symphony's String Quartet for making a stop at the Lodge on July 6 as part of the "Concerts in Care" tour and providing a lovely afternoon of music!



DEVELOPMENT PROJECTS NEWS



On July 11, we were excited to share all the hard copy of the building drawings for the new 96-bed long-term care home with our partners at the Town of Deep River.

We were equally excited to share the drawings for the new Family Health Team building on July 17, but those were sent electronically, which doesn't make for nearly as good of a photo!

Our annual Code Green evacuation drill in the Four Seasons Lodge Long-Term Care Home took place on July 26, 2023. The drill began as a mock Code Red, which is a planned response to a fire. The response to the fire resulted in the need for a Code Green, which is an evacuation. The mock Code Green evacuation was completed with a mix of residents and volunteers, with our team working quickly to safely evacuate everyone from the home.

The drill was observed by our partners at the Deep River Fire Department, the Town of Deep River, and the North Renfrew Long-Term Care Centre.

Our team worked very quickly and was able to safely evacuate all residents and complete all actions within the required time-frame. **The total evacuation time was under 20 minutes — congratulations!**

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CODE GREEN DRILL—BBQ

With the Four Seasons Lodge being a hub of activity on July 26 for the annual Code Green drill, the residents hosted all our visitors for a BBQ lunch once the drill and debrief were completed. Thanks to the Dietary team for helping to put on an amazing spread!



FIRE EXTINGUISHER TRAINING

While the Deep River Fire Department was onsite for our Code Green drill on July 26, they agreed to provide some fire extinguisher training for our team as well as Auxiliary volunteers. Thank you to the DRFD and to everyone who participated.



How to Tame Tech in your Household: Setting Family Screen Time Limits



Screens have become a ubiquitous part of society and a staple within our individual households. From televisions to gaming consoles, from iPads to cell phones, it may feel like technology is infringing on your daily lives. You might be finding that screens are reducing the amount of quality time your family spends together, or negatively impacting the emotional or social well-being of your child. Whatever the reason, it is becoming increasingly important for parents to take a proactive stance with technology and set parameters around their family's digital life.

If you are looking to improve your family's tech-life balance, here are some ways to implement healthy screen time boundaries:

- Create 'screen-free zones'.
- Establish common areas as screen-free zones, such as not allowing devices at the dinner table, in the kitchen, or in the living room. Encourage everyone to put their devices on silent or store them in a basket while in these areas.
- Designate screen-free times of the day when everyone in the house commits to a digital detox. For instance, over dinnertime or for two hours leading up to bedtime.

ADHERE TO RECOMMENDED LIMITS—The Canadian Paediatric Society recommends no screen time for children under the age of two, 1 hour per day for ages 2 to 5, and limiting screen time to 2 hours or less per day for ages 6 and above. Overexposure to screens can have negative health outcomes for children (and adults), such as poor sleep quality, decreased cognitive performance, and behavioral issues.

ENCOURAGE GREEN TIME OVER SCREEN TIME— Whenever possible, prioritize outdoor physical activity and unstructured play time over screen time. There are many physical benefits to spending time outdoors, including improved circulation, strengthening bones and muscles, and increased motor skills. Because so much of screen time is sedentary, promoting physical activity helps children get much-needed exercise, which helps to buffer against obesity.

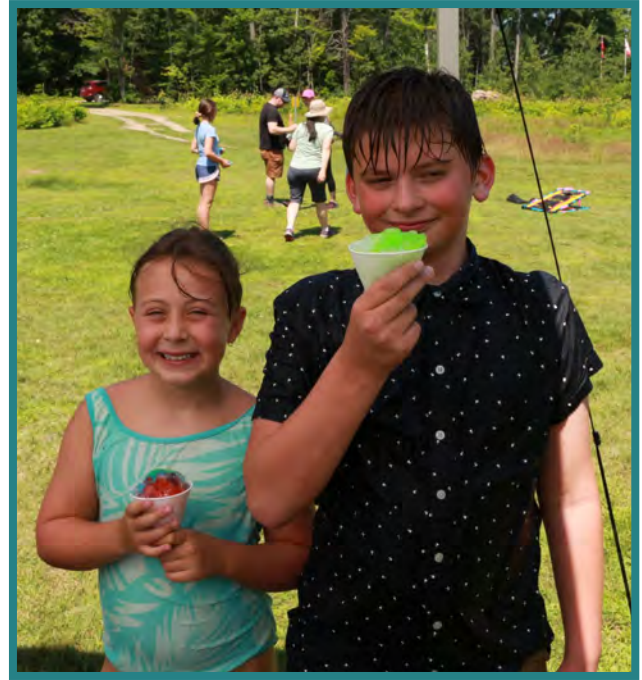
ROLE MODEL—Screen time limits are not just for kids. By modeling positive digital behaviors, such as avoiding screens before bedtime or using phones while in the presence of others, parents are setting standards and expectations that their children can learn from and that will inspire them to follow suit.

Keep in mind these are guidelines and suggestions, rather than hard and fast rules. Where possible, discuss digital expectations openly with all family members. When youth and teens have an opportunity to contribute to the discussion, voice concerns, as well as comprehend the benefits, they will be more open to implementing changes. It is never too late to develop a screen time plan for your family. Integrating digital technology into family life in a meaningful and balanced way can reinforce and promote family values and protect quality family time. Starting a new screen time plan is not always easy. The key is to be realistic and remain flexible. Revisit the plan often and be open to making changes based on what works best for you and your family.

Click here to read the full article on LifeSpeak:

<https://wellness.lifespeak.com/expertblog/how-to-tame-tech-in-your-household--setting-family-screen-time-limits--5871>

BBQ PARTY — July 22, 2023



Our DRDH team, their families, and residents had a fantastic day of fun in the sun on July 22 at the BBQ party! Thank you to everyone who helped make the party such a great day for all those who attended.

BBQ PARTY CONT'D — July 22, 2023



{ 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.