



+ TOP NEWS INSIDE

CEO's Corner	2
Monthly Education	3
Staff Happenings	4
Construction Activity	5
DRDH EStore	6
New IT Ticketing System	7
Holiday Festivities	8—9
Yoga Poses for Quick Stress Release	10
Family Health Team News	11
Foundation News	12—13
Residents' Council Corner	14
Four Seasons Lodge News	15—16
Happy Holidays from DRDH	17

DECEMBER 2023



SANTA VISITS THE LODGE

Santa Claus made it all the way from the North Pole in time to celebrate Christmas with residents in the Four Seasons Lodge.

SOCIAL COMMITTEE HOSTS FESTIVITIES ALL MONTH LONG



Rebekah and Alex were winners of this year's Gingerbread House Decorating Contest, one of the festive activities hosted this month by our DRDH Social Committee.

+ CEO'S CORNER

CONNECTING WITH OUR DRDH TEAM AND COMMUNITY



As we bid farewell to December and step into a fresh new year, I want to express my heartfelt gratitude and admiration for the incredible dedication and hard work exhibited by each member of our DRDH team over the past month.

December brought with it unique challenges for our inpatient and emergency teams, who are still navigating an exceptional surge in patient needs. As our inpatient and emergency departments faced an unparalleled surge in need, I am immensely proud to acknowledge the unwavering commitment and tireless efforts of our team. Your unwavering commitment ensured that every patient and resident received the excellent care that defines DRDH, and that we were again able to care for our community when they needed us.

Amidst the challenges, I am delighted to acknowledge the success of our holiday celebrations. This year's festivities were particularly special, culminating in our first December holiday party to actually be held in December since 2019! This incredibly special occasion was made possible through the hard work of our Social Committee, who worked diligently to bring us together, offering a shared moment of joy and unity during a season that holds immense significance for many. Your hard work and dedication hosting our holiday celebrations, as well as the many fun and delicious activities we enjoyed throughout the month, gifted us the priceless opportunity to laugh and celebrate

together. Thank you to everyone who made this month so special for so many of us!

In the spirit of the season, I hope each and every one of you found precious moments to share with family and friends. The ability to rest, recuperate, and celebrate the specialness of the season is so important, and I trust that these moments provided the comfort and rejuvenation we all deserve.

As we embrace the new year, let us carry forward the positive momentum from our achievements in 2023. I am confident that 2024 holds even more positives for our team, with ongoing growth, collaboration, and continued success. I have full confidence in our team's ability to face what is ahead with resilience, caring, and compassion, and to continue to build on our shared commitment to the well-being of those we serve.

Thank you for your unwavering dedication over the past year, and I wish each and every one of you a joyous and fulfilling New Year. May 2024 be a year of growth, prosperity, and continued success for our DRDH family.

Warm regards,

Janna Hotson
President and Chief Executive Officer
Deep River and District Health

SPOTLIGHT ON DRDH

MEMBER SPOTLIGHT

Highlighting OVOHT members and collaborative work in improving health outcomes across our region



Deep River & District Health A new name, look and strategic plan

The team at Deep River and District Health is proud to have shared several exciting initiatives with the community recently, including a unified name for the health campus, a refreshed logo and brand, as well as a new Strategic Plan to guide the organization over the next five years.



[Read the Plan](#)

[Watch the Video](#)

Send news and updates from your organization for upcoming Member Spotlights to hcolburne@ovoht.ca

We've been proud to share several exciting initiatives with our community recently, and the great work we have been doing was highlighted this month through a "Member Spotlight" to share information about our new name, look, and Strategic Plan with all our partners across the Ottawa Valley Ontario Health Team.

Thanks for the feature OVOHT!



MANDATORY EDUCATION

JANUARY 2024

Please see the assigned education for the month of January. **This is due to be completed by January 31, 2024.** Please contact Rebekah if you are having any issues accessing the education.

All Staff

- Code Yellow/Amber
- Musculo-Skeletal Injuries Module 2
- Diversity, Equity, and Inclusion

Admin on Call/RN/Maintenance

- Fire Watch

Diagnostic Imaging

- EKG Like a Boss Part 1 & 2

Housekeeping

- RICN Environmental Cleaning Best Practice – Daily Room Cleaning

RN/RPN

- Pain and Cognitive Impairment: Reading the Cues

Finance

- Client Communications Etiquette

Laboratory

- Lab Transfusion Medicine Competency



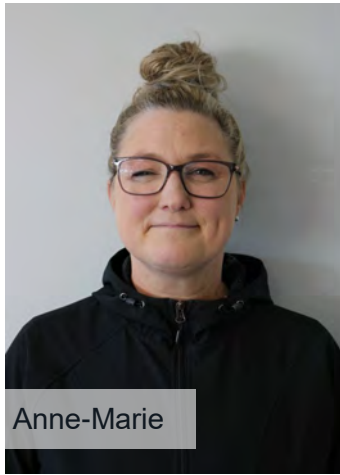
Diversity, Equity and Inclusion in Healthcare



Please contact Rebekah (rebekah.thompson@drdh.org) if you are having any issues accessing the education.

STAFF HAPPENINGS

NEW HIRES



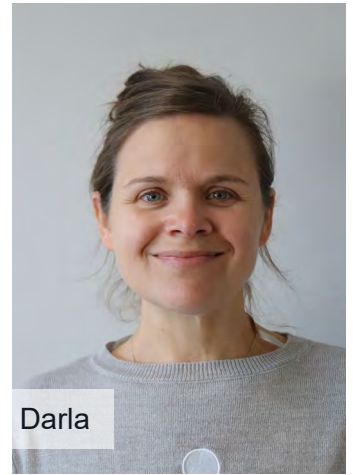
Anne-Marie



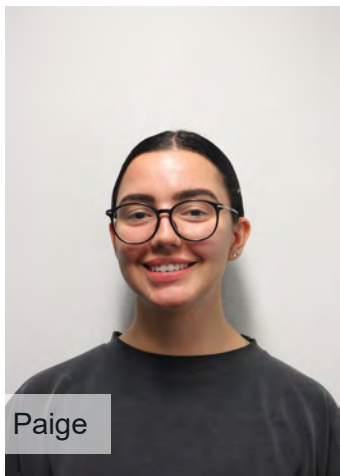
Bob



Megan



Darla



Paige



Catherine



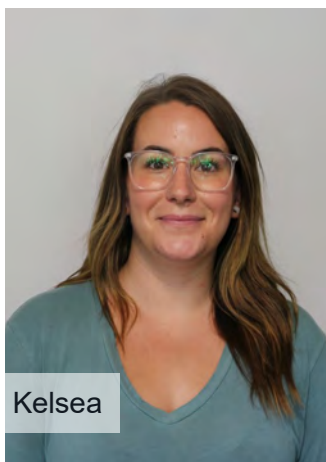
Marjorie



This month we were pleased to welcome seven new members to our DRDH team. **Anne-Marie** and **Bob** have joined our Dietary team, **Megan** and **Darla** are Registered Nurses, **Paige** is a Registered Practical Nurse, **Catherine** is a Nurse Practitioner, and **Marjorie** has joined our Finance team in Accounts Receivable.

Please join us in extending a warm welcome to our newest team members!

- WELCOME -



Kelsea

We were also pleased to welcome **Kelsea** to her new role within DRDH as Executive Assistant this month. Kelsea takes over from Amy, who has transitioned to her role of Public Affairs and Communication Coordinator.

Over the come weeks, Amy will continue to support Kelsea to transition to the Executive Assistant role. Kelsea comes to the role knowing many of us and the organization well, having worked as a PSW during nursing school and returning recently as an RPN here at DRDH.

Please join us in welcoming Kelsea to her new role!

HOLIDAY POINSETTIAS



Thanks to the Town of Deep River and Santa Claus Parade float participants for the thoughtful donation of poinsettias to brighten up our organization this holiday season!

Poinsettia's delivered by Christine at the Town of Deep River were accepted by Chantel and Brynda at the Four Seasons Lodge, and by Dr. Boeckh, Dr. Sage, and James at the Deep River and District Hospital.

CONSTRUCTION ACTIVITY

There has been some exciting construction activity underway at DRDH!

Pictured here are Janna Hotson and James Thompson posing with the awesome crew who has been working on our new driveway and parking area.

Click on the image below to watch our latest video and learn more about what's been going on at the health campus recently.



WATCH NOW

DRDH ESTORE

www.drdhstore.org

SHOP EXCLUSIVE DRDH BRANDED: TSHIRTS |
TOQUES FLEECE JACKETS | DRINKWARE | SWEATERS



The DRDH EStore offers an array of merchandise, including trendy t-shirts, cozy toques, warm fleece jackets, sleek drinkware, and stylish sweaters—all proudly displaying our new logo and brand.

The EStore accepts credit cards, PayPal, and Apple Pay, so there are a number of options for purchasing directly through the store website anytime. For those who would rather pay through payroll deduction, we are happy to offer that as an option as well! To pay by payroll deduction, complete a DRDH EStore Payroll Deduction Order Form, which are available in the staff lounge and on PolicyMedical. Please ensure you read the form carefully before submitting your order. Shipping is free for orders over \$65 placed directly through the EStore website, as well as for monthly orders made through payroll deduction.

Don't forget that purchases through the DRDH EStore not only promote our team spirit, but also make a difference! For every purchase made, \$2 will be donated to support the fundraising efforts of the DRDH Foundation.

If you would like to see a sample of any of the items in-person before purchasing, feel free to swing by Amy's office in the Sunroom.

Visit the DRDH EStore at www.drdhstore.org today to find your perfect gear!

[see Amy's November 27 email titled "Grand Opening of our DRDH Estore" for the password to access the store, or just send her a quick email]



NEW SPICEWORKS IT TICKETING SYSTEM

We are pleased to announce that DRDH now has an updated SpiceWorks IT ticketing solution.

The new SpiceWorks solution modernizes and better secures this important communication channel for IT support.

DRDH IT team members will be circulating over the coming weeks to help where necessary with the new solution.

See Scott's email from December 1 titled "New Spiceworks IT ticketing solution" for the link and login instructions.

After login you can select the "Submit Ticket" button at the top right of the screen to place your request to DRDH IT.



MUSICAL CHAIRS



Thank you to everyone who helped arrange, and rearrange, our Emergency Department waiting area a number of times this month as we moved things around to ensure we maintained a safe and clean waiting space for our patients as repairs were completed to damage from the fire.

Pictured here are members of our maintenance, housekeeping and finance teams all lending a helping hand!



THE ESSENTIAL PIECES AWARD

CALL FOR NOMINATIONS



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 Kelsea in which ever format works best for you—either by email (kmadore@drdh.org) or a paper copy enclosed in an envelope.

Caring

Excellence

Safety

Innovation

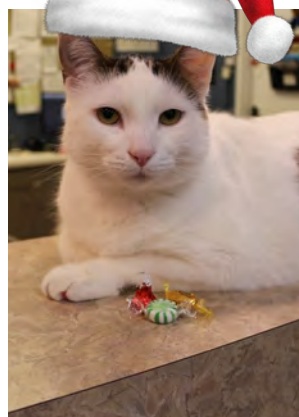
Partnering

Integrity

DRDH DECEMBER FESTIVITIES

Tis the season for celebrations!

The DRDH Social Committee coordinated fun festivities for our team all month long, including a department / door decorating contest, a gingerbread house decorating contest, a mobile hot chocolate bar, red and green day, find the elf game, ugly sweater day, a mobile candy cart, 12 Days of Christmas giveaways, and more!



DRDH DECEMBER FESTIVITIES



Congratulations to Rebekah and Alex for winning the gingerbread house decorating contest!



LUCKY WINNERS:

- Linda
- Heather
- Paige
- Kim
- Courtney
- Trinity
- Kassi
- Hannah
- Marion
- Brandy
- Allison
- Melanie



+ YOGA POSES FOR A QUICK STRESS RELEASE

AN ARTICLE BY LIFESPEAK

Are you feeling stressed and would like to have a few tools on hand to help you release that stress? The following yoga poses and breathing exercises should help you return to a calmer state.

ALTERNATE BREATHING:

- Bring your left thumb and index finger together and set the back of your hand on your left thigh.
- Curl your right index and middle fingers inwards. Breathe in deeply.
- On the exhale, block your right nostril with your right thumb. Breathe out through your left nostril only.
- Breathe in through your left nostril then block it with your right ring finger and breathe out through your right nostril. Breathe in through your right nostril.
- Block your right nostril with your right thumb and breathe out through your left nostril.
- Repeat this cycle for 5 to 10 breaths.



CAT AND DOG POSES:

- Bring yourself to a tabletop position. Make sure that your wrists are aligned with your shoulders and your knees are aligned with your hips. Your thumbs and index fingers need to be firmly set on the ground.
- On the exhale, switch to the Cat position by rounding your back.
- Inhale while lowering your belly down towards the ground in the Dog position, and bring your shoulders back.
- Repeat these two movements for 10 breaths.
- Once you're done, come back to a tabletop position.



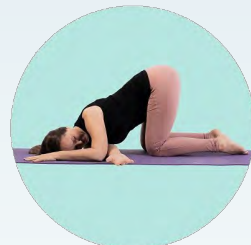
THREAD THE NEEDLE POSE:

- From the tabletop position, start by lifting your right arm toward the sky, then slide it underneath your left shoulder.
- Bring your right shoulder all the way to the floor, while looking at your knees.
- Try to keep your back as straight as possible, and keep this position for 5 breaths.
- Repeat on the other side.



KNEES TO CHEST POSE:

- Lay on your back with your legs stretched and your arms flat alongside your body.
- Breathe in deeply. On the exhale, lift your right leg and bring your thigh close to your abdomen.
- Use both hands to hug your right knee or hold your leg from behind your thigh. Breathe in slowly. On the exhale, try to squeeze your thigh a little closer to your abdomen. Keep your chin folded in toward your chest to stretch the back of your head.
- On your next inhale, slowly bring your right leg back down. Exhale, and bring your right thigh up toward your abdomen again.
- Repeat this movement for 10 to 15 breaths.
- Once you're done, bring your right leg back down and take a moment to notice the difference between your right and left side. Now that you've relaxed your muscles, you might feel like your right leg feels longer, or that your right hip seems to sit a little lower.
- Also take a moment to notice how you feel, what your mood is. You may be calmer and more grounded.
- Repeat the same movements on the left side.
- When you're done, take a moment to feel the calm, wellness, and overall internal peace you now feel.



Click [here](#) to read the full article from LifeSpeak.



23 HEALTHY APPETIZERS FOR THE HOLIDAYS



Looking for some happy appie ideas for a healthy holiday season? Click [here](#) for some great appetizer ideas including:

- Baked Chips with Edamame Guacamole
- Asparagus Wrapped in Prosciutto
- Red and Green Fruit Kabobs
- Roasted, Spiced Chick Peas/Lentils
- Guacamole and Red Taco Chips
- Bite-sized Caprese Salad
- Red and Green Veggie and Dip Platter
- Greek Salad Wreath
- Avocado Tomato Feta Dip
- Mango Shrimp Skewers
- Strawberry Avocado Salsa
- Pesto Stuffed Mushrooms
- Baked Brie and Roasted Red Peppers
- ...and more!



HOLIDAY FOOD SAFETY TIPS



Food is an important part of many holiday celebrations. You can help reduce the risk of foodborne illness for your family and friends during the holiday season by following some basic food safety tips. There are four basic steps you should always follow to help reduce the risk of foodborne illness:

Clean: Wash hands, contact surfaces (like kitchen counters) and utensils often to avoid the spread of bacteria.

Separate: Keep raw foods separate from cooked and ready-to-eat foods to avoid cross-contamination.

Cook: Make sure you kill harmful bacteria by cooking foods to the proper internal temperature.

Chill: Keep cold foods cold. Bacteria can grow rapidly when food is allowed to sit in the so-called danger zone: between 4°C (40°F) and 60°C (140°F).

Click [here](#) to read the full article.

DEEP RIVER COMMUNITY BAND



Thanks to the Deep River Community Band for hosting "Christmas Time is Here" on December 3 at the Deep River Legion! It was a fantastic concert with a room that overflowed with attendees who donated to attend the show. The band has a tradition of passing along the proceeds of its two annual concerts to local causes. This time it was for the DRDH Closer To Home campaign to build a 96-bed Long-Term Care Home, and the Deep River Legion's roof replacement fund.

Pictured here is band director Anne Dickson, James Thompson (DRDH), Lianne McCarthy (Deep River Legion), and co-director Rob Carson.

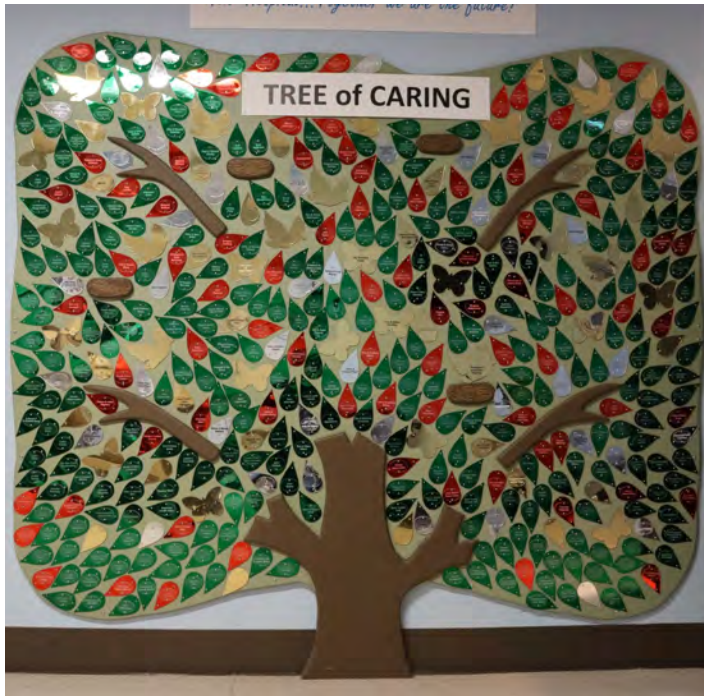
ENTERPRISE HOLDING FOUNDATION

Thanks to Enterprise Holding Foundation for donating \$2,500 to the Closer To Home Campaign at Deep River & District Health! This donation was made on behalf of Canadian Nuclear Laboratories through their Community Partnership Agreement. We appreciate the support from both organizations.

The Closer To Home campaign exists to raise \$2.5M by 2025 for the new 96-bed Long-Term Care Home in Deep River. As of today, **we are 45% complete thanks to our wonderful supporters.**



TREE OF CARING



The Tree of Caring is now FULL on two tiers! This display is one of the ways that we honour those who have donated over \$1,000 in their lifetime to DRDHF. The fact that our Tree is now so full illustrates how committed our community is to supporting local healthcare at Deep River & District Health. Thank you. Just under 400 individuals, households, and organizations are presented on the Tree of Caring.

These tiers are now completely full:

Friends \$1,000+
Believers \$5,000+

Spots still remain:
Builders \$10,000+
Partners \$25,000+
Leaders \$50,000+
Champions \$100,000+
Visionaries \$500,000+
Legacy Club \$1mil+

Join us for our second annual bonspiel presented by WCCT in support of Closer To Home!

We're looking for teams of four to play on Saturday February 3, 2024. All participants will receive a free pancake breakfast and lunch as well as door prizes at the event.

Registration is now open online [by clicking here](#), as well as in-person at the Deep River Curling and Squash Club.

All donations collected upon registration will be matched by WCCT up to \$5,000 total. We hope to see you there!



2nd ANNUAL BONSPIEL

WCCT



DRDHF 2ND ANNUAL

BONSPIEL

SATURDAY, FEB 3

DEEP RIVER CURLING AND SQUASH CLUB

ENTRY BY DONATION

ALL DONATIONS MATCHED
BY WCCT UP TO \$5000

2 MATCHES
LUNCH AND PANCAKE
BREAKFAST INCLUDED
DOOR PRIZES
FRIENDLY COMPETITION

FOR MORE INFORMATION VISIT
drdhfoundation.org/events

+ RESIDENTS' COUNCIL CORNER

At the December Residents' and Family Council meeting, a recent memo and fact sheet shared by the Ministry of Long-Term Care were reviewed on how to celebrate the holiday season safely. The information shared highlighted the importance of vaccines, masking, as well as infection prevention and control practices such as handwashing and staying home when ill. Those in attendance shared their excitement to celebrate the upcoming holidays and their keenness to keep up with the necessary infection prevention and control measures to keep everyone safe.

Abbie presented the Council with an update on the Recreation and Leisure Program, reviewing the new overarching program 'domains' which include physical, emotional, cognitive, spiritual and social. These domains will replace previous program descriptions and each activity will now fall under one or more of the program domains. The Council also reviewed plans for PSW supported recreation activities over the coming months. Additionally, the Council discussed planning for future outings and upcoming holidays including a trip to the bowling alley and a special Valentine's Day brunch in February.

The Council also discussed an idea that was brought forward about the creation of welcome baskets for new residents' moving into the Home. It was suggested that the baskets could include an information package, a treat, toiletries, as well as something the resident may enjoy such as a colouring book or puzzle, if their personal preference can be confirmed before they move in. It was decided that work will continue on a proposal to put together welcome baskets moving forward.

In follow-up to previous discussions, samples of visual cues to be used on the floor options were circulated to those in attendance at the meeting for review and selection. The Council decided on a neon yellow tape with a black line down the center, which will now be ordered and installed to provide visual cues along the floor and improve safety. The Council will also be looking to work on plans for the person-centered educational video in the coming months to include as part of the education calendar for 2024.

As part of our monthly Council meeting, a section of the Residents' Bill of Rights continues to be reviewed. For December, the Council reviewed Right #19, which states *"every resident has the right to: participate fully in the development, implementation, review and revision of their plan of care, give or refuse consent to any treatment, care or services for which their consent is required by law and to be informed of the consequences of giving or refusing consent, participate fully in making any decision concerning any aspect of their care, including any decision concerning their admission, discharge or transfer to or from a long-term care home and to obtain an independent opinion with regard to any of those matters, and have their personal health information within the meaning of the Personal Health Information Protection Act, 2004, kept confidential in accordance with that Act, and to have access to their records of personal health information including their plan of care, in accordance with that Act."*



Protect your loved ones this holiday season





Thanks to volunteer members of the DRDH Auxiliary, including Marguerite pictured above, for hosting the annual holiday shopping day in the Four Seasons Lodge on December 4, where items from the Whistle Stop are brought in for residents to shop from the comfort of home.

On December 6, residents hosted the Deep River Cubs for an evening of caroling and crafting at the Lodge!

Thank you to everyone who participated as a Secret Santa for our residents again this year, the surprises brought many smiles to our residents faces on Christmas morning. Santa himself was even there to spread even more Christmas cheer. Santa's sleigh was very full, as he brought in cozy blankets for each resident that were donated by a generous anonymous donor, as well as pajama and toiletry baskets thoughtfully donated by the Petawawa Civitan Club.



✚ FOUR SEASONS LODGE NEWS



Residents in the Four Seasons Lodge rung in the New Year with an amazing supper spread put on by our DRDH Dietary Team. Thanks to everyone who contributed to the celebrations!

HAPPY HOLIDAYS FROM ALL OF US AT DRDH



On behalf of the Board of Directors and all of us at Deep River and District Health, we want to wish joy, health, and happiness to you and your loved ones this holiday season.

We extend our deepest gratitude to all our team members, physicians, volunteers, donors, our Foundation & Auxiliary, as well as the patients, residents, and families that we serve, for your unwavering dedication and collaboration over this past year.

With remarkable support from our cherished community, we are proud to continue caring for every person like a loved one. Thank you to all of our partners who continued to come together this year to provide our patients and residents with an excellent, compassionate care experience, every time.

Reflecting on the milestones and successes of this year fills us with immense appreciation, and we look forward to what lies ahead for our organization in 2024.

Best wishes for a bright and joyous New Year!

Sincerely,

The DRDH Team

CALL FOR CONTENT

Is there something you would like to see appear in the next issue of The Zinger newsletter? Please submit your photos and information to Amy at amcdiarmid@drdh.org.

Deep River and District Health receives funding from Ontario Health.

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