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DRDH EARNS STELLAR PATIENT AND RESIDENT SATISFACTION SCORES

DRDH is pleased to announce exceptional levels of patient and resident satisfaction across all areas. See pages 16-17 for more information.



SOCIAL COMMITTEE SWEETENS THINGS UP

The DRDH Social Committee was busy this month with fun activities for Valentine's Day as well as a Family Skate Day. See pages 8-9 for more information.

FEBRUARY 2024

+ CEO'S CORNER

CONNECTING WITH OUR DRDH TEAM AND COMMUNITY



What an exciting and busy February!

For this month being the shortest month of the year, our teams have been incredibly busy every day of it. We had luck with great wintery weather for our Family Day Skate event, giving us a chance to get outside and enjoy time in the snow together. Thank you to the Social Committee volunteers who coordinated the fun day out, and particularly to Amber and James who spearheaded the event.

I have to pass on a special thank you to everyone who has been so quick to respond in all of the emergencies we have had this month. From another *almost* fire and amazing Code Red response, to Code Whites and outbreaks, everyone has shown just how quick we can respond when emergencies happen. It is through the quick reactions of everyone involved that we have kept our patients, residents and each other safe through all of these situations. It truly is impressive to see the teamwork and focus that everyone has in these events, something we should all be incredibly proud of.

On top of multiple emergency responses this month, we continue to be busier than ever before in our Emergency Department and Inpatient Unit over the past two weeks. Despite now twice surging up to **140%** of our capacity, we have seen amazing work of our team members who have jumped in to help manage care, transfers, discharge planning, and everything else that comes with being so busy.

Thank you to everyone who has worked tirelessly amid the increased demand for our services. It has truly been amazing to see so many go above and beyond to help make sure all of the patients who need us are cared for.

Even with all of this activity, the excitement isn't likely to slow down anytime soon and we have a lot of positive things to look ahead towards over the next few months.

Over the next few weeks, we will start to see construction preparation for our primary care build as the snow begins to melt, and we will be looking ahead at how we strengthen our team to help carry us forward with all of the exciting (and busy) times ahead.

Warm regards,

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

Thank You...



MANDATORY EDUCATION

MARCH 2024

Please see the assigned education for the month of March. **This is due to be completed by March 27, 2024.** Please contact Rebekah if you are having any issues accessing the education.

All Staff

- Workplace Violence and Harassment
- Shifting Focus-Tips for Communicating w/ People with Dementia (Behaviour Management)
- Cyber Security - Surge Modules (Malware, Phishing, Password Security)

PSW/RN/RPN

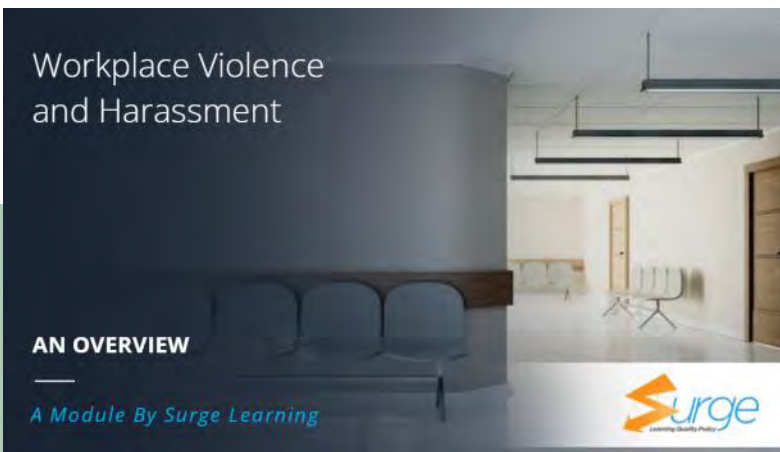
- APIC Noncritical is Critical (IPAC Disinfection & Sanitization)

Housekeeping

- RICN Environmental Cleaning Best Practise – Module 3

DI/RN

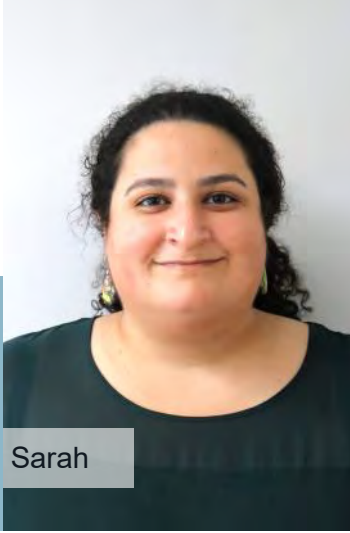
- Interdepartmental Intra-cavity Cleaning policy



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

STAFF HAPPENINGS

NEW HIRES



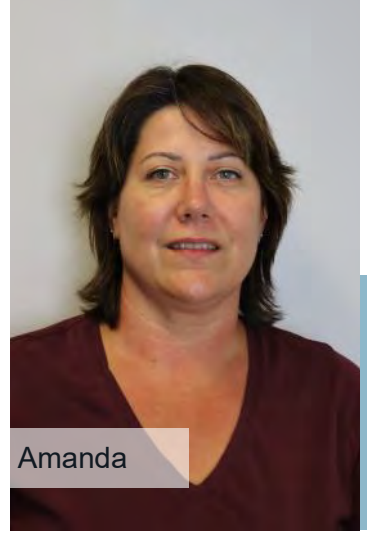
Sarah



Patti



Mercedes



Amanda

- WELCOME -

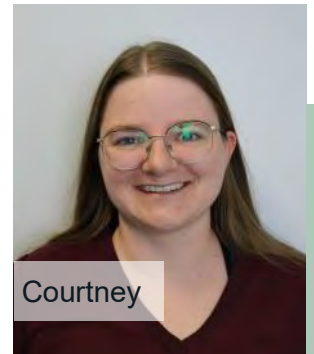
This month we were pleased to welcome two new members to our team, and welcome back two members to join our team once again! Sarah has joined our Family Health Team as a clerk and Patti is a Personal Support Worker. We are also pleased to welcome back Mercedes, who is a Personal Support Worker, and Amanda, who is a Registered Nurse. Please join us in extending a warm DRDH welcome to our new and returning team members.



NURSING NEWS

- CONGRATULATIONS COURTNEY -

We are thrilled to share that Nursing team member Courtney has successfully completed the RPN to BScN Bridging Program through Nipissing University. With DRDH as a partner site, Courtney was able to complete her BScN while continuing to work as an RPN and complete her placement right here with us. Courtney has progressed in her career at DRDH from being a Personal Support Worker, to a Registered Practical Nurse, and is now a Registered Nurse. We are so proud to have been able to support Courtney and watch her grow through this program—Congratulations Courtney!

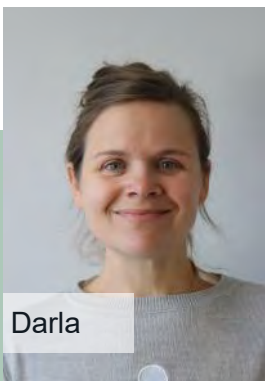


Courtney

- CONGRATULATIONS DARLA -

We are also thrilled to share that Nursing team member Darla has successfully completed the Supervised Practice Experience Partnership as an out-of-country Nurse in order to become certified in Ontario. Darla is now a fully licensed Registered Nurse with the College of Nurses of Ontario and will be staying on as part of our DRDH team. We are thrilled to have been able to support Darla as our first international Nurse to complete the program here at DRDH—Congratulations Darla!

If you or anyone you know is interested in either of the Nursing programs mentioned here, please reach out to Mary Goodchild, HRO.



Darla

RECREATION THERAPY MONTH



HAPPY RECREATION
THERAPY MONTH

February is Recreation Therapy Month, and we joined in on the celebrations at the Four Seasons Lodge.

This month offers us an opportunity to highlight the importance of recreation therapy in enhancing the quality of life for our residents. Recreation therapy is a vital aspect of holistic person-centered care, promoting physical, mental, and emotional well-being. Those who support recreation therapy in the Lodge are dedicated to creating meaningful and enjoyable activities tailored to the unique interests and abilities of each resident.

Join us in saying thank you to those who make a positive impact through recreation therapy, and contribute to the vibrant and fulfilling lives of our residents. Let's make this a month filled with laughter, engagement, and the power of recreation therapy!

Pictured here are Four Seasons Lodge team members Tara, Assistant Director of Care, and Abbie, Recreation Worker.

RESIDENT DOCTORS APPRECIATION WEEK

It was Resident Doctors Appreciation Week in Canada from February 5—11, 2024, which is an opportunity to acknowledge and appreciate the important role resident physicians play in our healthcare system.

Resident physicians play a crucial role in shaping the future of healthcare, and we want to acknowledge their hard work, resilience, and unwavering dedication.

DRDH recognizes the dedication and commitment of resident physicians working and learning alongside other physicians and healthcare professionals to deliver excellent care to our patients and residents. We extend our heartfelt gratitude to the outstanding dedicated resident physicians at DRDH for their tireless commitment to compassionate care.

Join us in taking a moment to express appreciation for their contributions to our organization and the well-being of our community!

Pictured here is Resident Dr. Gaurav Jain, left, along with Dr. Crystal Doyle, right. Dr. Jain is in the process of completing residency through Ottawa U and recently had the opportunity to gain exposure to rural medicine alongside Dr. Doyle and our team in the Emergency Department.

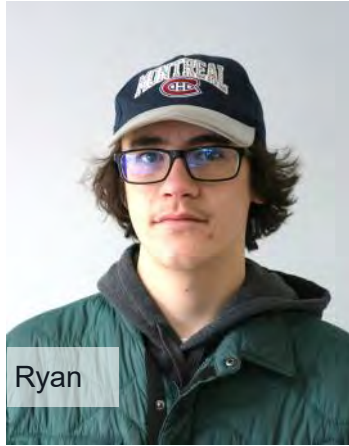


HAPPY RESIDENT DOCTORS
APPRECIATION WEEK

DRDH WELCOMES HIGH SCHOOL CO-OP STUDENTS



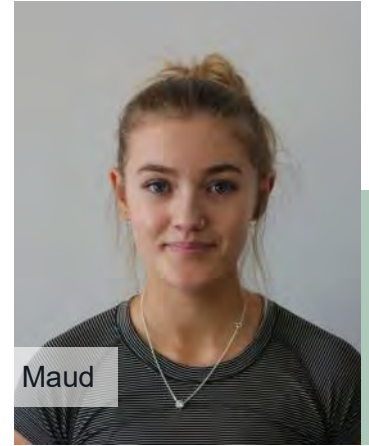
Jordan



Ryan



Emma



Maud



This month we are pleased to welcome four high school co-op students from both Mackenzie Community School here in Deep River and Valour School in Petawawa. The students will be with us for the semester, gaining exposure to a variety of careers in healthcare as well as some first-hand experience.

Emma and Jordan will be spending their time in the Four Seasons Lodge, Ryan will be with our Maintenance team, and Maud will be with our Diagnostic Imaging team.

Please join us in extending a warm welcome to all four students!



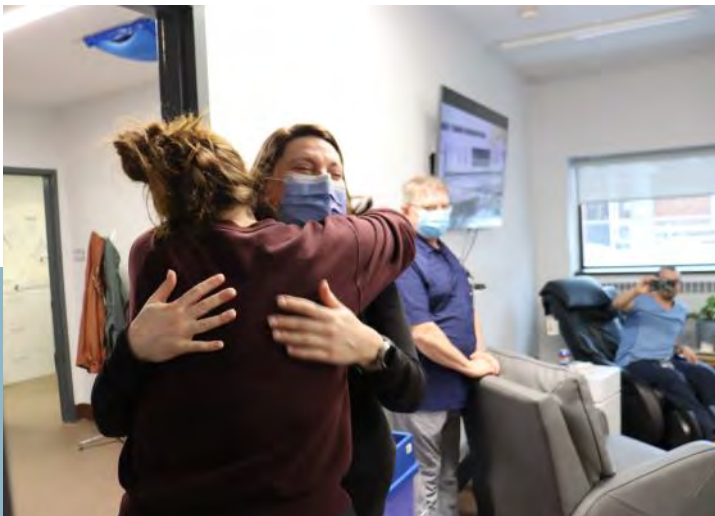
TORRI'S SEND OFF



On February 28, 2024 members of our team pulled off a surprise baby shower and send-off for Physiotherapist Torri.

We wish you and your growing family all the best during this special time Torri, and we will miss you here at DRDH while you're gone.

Thank you to everyone for keeping the surprise and to Lynne for organizing!



BANDWIDTH UPGRADE

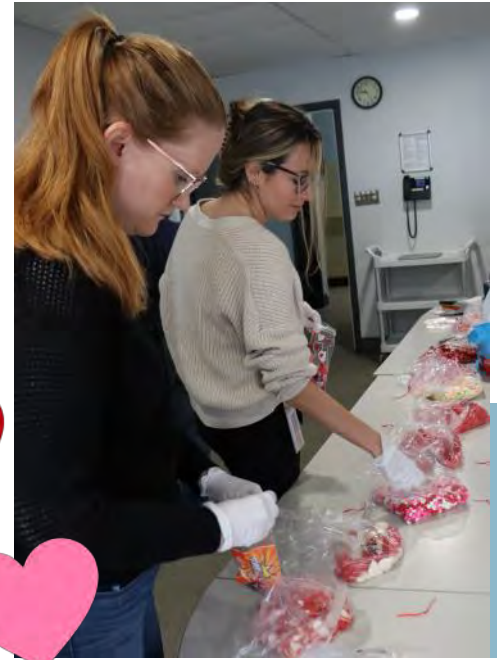
DRDH was able to complete significant upgrades to our fiber optic bandwidth this month. This has been a much anticipated upgrade that we have been working towards and advocating for over the past three years.

Our bandwidth has been increased by two and half times, which will address current challenges as well as support future expansion and demand as DRDH grows into the future.

A huge thank you to our IT team for not only completing this much needed upgrade, but also for all their work in generating and submitting regular usage reports to demonstrate need for this increased support!



SOCIAL COMMITTEE SWEETENS THINGS UP



Members of our DRDH Social Committee helped our team share how much of a 'treat' it is to work alongside each other this month with the help of candy grams for Valentine's Day! Pictured here working hard assembling the candy grams are Social Committee members Michelle, Jeff, Julie, and Amber.

Thanks to everyone who purchased a candy gram—nearly 200 sweet treats and messages were shared amongst our team members and residents.

A special thank you to our Four Seasons Lodge residents for helping to hand decorate a number of the candy grams and make many of our days a little sweeter!

All proceeds from the sale of candy grams will go back into the Social Committee fund for future activities.



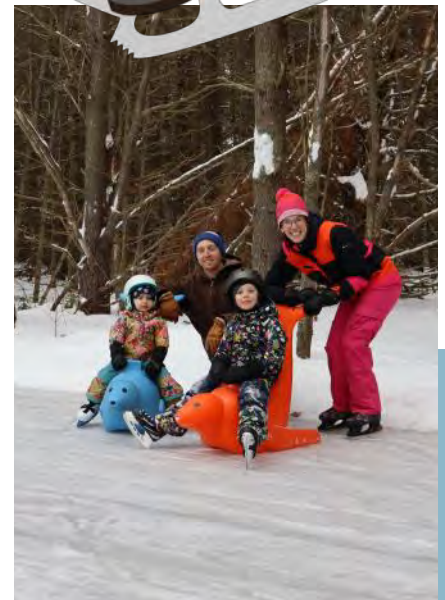
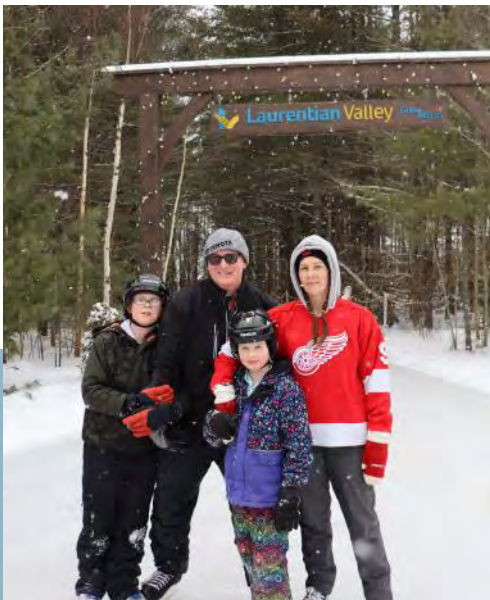
Pictured here delivering the candy grams around Valentine's Day are Social Committee members Renée, Michelle, Julie and Amber.

FAMILY DAY SKATE



Our DRDH Social Committee hosted a Family Day Skate on Sunday, February 18 at the Laurentian Valley Skate Trail. DRDH team members and their families had a great day skating and snowshoeing on the trails, and enjoyed some hot dogs, hot chocolate, and cotton candy treats while warming up inside.

Thank you to everyone who came out, and to our Social Committee for planning a fantastic day for our team, family, and friends!



EMERGENCY RESPONSE SAFELY CONCLUDED

At approximately 8:30 am on February 21, team members at DRDH contacted emergency services after discovering visible smoke within the building.

The Deep River Fire Department (DRFD) responded quickly to the organization and contained the source of the smoke from an appliance. The timely actions of all those involved onsite ensured that no injuries were sustained, and there were no damages to the building.

In coordination with emergency services, the DRDH team acted swiftly to prepare residents for a possible evacuation, but residents were able to safely remain within the Four Seasons Lodge Long-Term Care Home.

After confirming patient, resident, and staff safety, normal services and operations have resumed across the organization.

DRDH would like to extend a sincere thank you to our DRDH team members who put safety at the forefront during this emergency situation.

DRDH would also like to extend thanks to the DRFD for their collaboration and support in responding to this emergency situation and ensuring there were no adverse outcomes for patients, residents, families, or our team members.

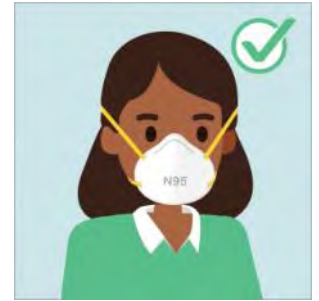


FIT TESTING



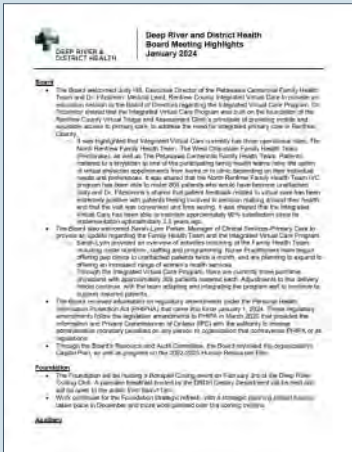
Our Infection Prevention and Control and Occupational Health Nurse Alana was busy this month hosting clinics for those who were due for their biennial mask fit testing. Thank you to Alana for ensuring all our team members are matched with the right respirator to provide protection from airborne contaminants!

Pictured here are Tara and Alana, along with the Sibata fit testing machine.



BOARD HIGHLIGHTS

Click [here](#) to read the February edition of our Board Meeting Highlights.



TOQUE SALE EXTENDED



Toques are still **15% off** – only \$18.28 + HST! You can check out a sample of the toque, as well as samples of the rest of our current gear, on a clothes rail in the lounge.

There's no special coupon code needed for this sale, the discount will be applied for those who order through our payroll deduction forms, and the discount is automatically applied for those who purchase directly from the EStore website.



DEEP RIVER &
DISTRICT HEALTH

GET
YOURS
TODAY



DRDH EStore

SHOP EXCLUSIVE DRDH
BRANDED:

TSHIRTS | TOQUES | SWEATERS |
DRINKWARE | FLEECE JACKETS

www.drdhstore.org



Buy directly from the online store, or by payroll deduction!
A portion of each purchase goes to the DRDH Foundation



EXCLUSIVE OFFERS THROUGH ROGERS

FAMILY PHYSICIAN RECRUITMENT FAIR

Did you know that all members of our team are eligible for special offers through the Rogers Preferred Program?

This month's customized promotional offer includes:

- Quick and easy registration process
- Smartphone sales on top selling devices
- Free Canada-wide shipping
- Dedicated RogersDirect Order Desk Support

See Mary Goodchild's email from February 16, 2024 for more information, including our custom company passcode to sign up for the Preferred Program.



On February 28, 2024, Sarah-Lynn and Amber hit the road and travelled to Queens University in Kingston to attend a Family Physician Recruitment Fair.

The fair was a chance to share information with family physicians about the exciting opportunities we have here at DRDH!

- JOIN OUR TEAM -



DIAGNOSTIC IMAGING NEWS



We are pleased to share that our Diagnostic Imaging Department's Mammography Program has been successfully accredited through the Canadian Association of Radiologists!

The results of this accreditation process are a testament to the hard work of our Diagnostic Imaging Team and their commitment to providing high-quality mammography services for our community.

Pictured here with our mammography unit is Medical Radiation Technologist (MRT) Aissa.



EMERGENCY DEPARTMENT NURSING EDUCATION

Over the last few months, Nursing team members Kelly, Taylor, Megan, Alesia, and Corina have taken part in education courses through Ontario Health's Immediate Response Emergency Department Nursing Education Program. Courses taken have covered the following topics:

- *Introduction to Emergency Department (ED) Nursing and the ED Environment*
- *Nursing Assessment Systems Approach to ED Patient Presentations*
- *Trauma Nursing Assessment, Disaster Management in the ED, and Toxicology*
- *Acute Stroke Recognition and Response at Non-Stroke Treatment Centres*
- *Special Populations Assessment and Care*
- *Assessment of Critical Care Presentations to the ED, Cardiac Rhythm Interpretation, and Drug Therapy*
- *Respiratory Failure*
- *Trauma Assessment*

Thank you to those that participated to bolster your skills and increase our rural Emergency Department team's knowledge in caring for our patients.



PHISHFINDERS ALLIANCE WARNS OF NEW THREAT

You may remember hearing about DRDH's Phishfinders Alliance a few Zingers back—a dedicated team of vigilant heroes committed to fortifying our organization's cyber defenses?

The frontline guardians in the Phishfinders Alliance have breaking news of a brand new phishing threat for all of us to be aware of!

Attackers are now using Microsoft Teams to send phishing messages through the chat feature. Most of us are well-acquainted with the dangers of traditional phishing attacks, such as those delivered via email or other media, but most are likely unaware that Microsoft Teams chats could be a phishing vector!

In a recent case observed by AT&T Cybersecurity, attackers used a compromised domain to send a message within a Microsoft Teams chat. The message had a malicious file with a double extension, something like 'Navigating Future Changes October 2023.pdf.msi.' which was designed to trick users into thinking it was just a PDF file.

Double extension files are commonly used by attackers to trick users into downloading malicious executables. The user believes they are downloading a PDF for business use, but instead receives a malicious installer.

Everyone is asked to please be on the lookout for any phishing scams and reach out to IT if you are ever suspicious or unsure of anything you receive. Your awareness of scams is our principle tool in preventing a breach through phishing attacks. Let's all see if we can stop a phishing attempt and join our team members in the PhishFinders Alliance!



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

DEEP RIVER AND DISTRICT HEALTH EARNS STELLAR PATIENT AND RESIDENT SATISFACTION SCORES



Deep River and District Health (DRDH) is pleased to announce exceptional levels of patient and resident satisfaction across all areas, underscoring our unwavering commitment to caring for every person like a loved one. This achievement reflects the dedication of our entire DRDH team, including the Deep River and District Hospital, the Four Seasons Lodge Long-Term Care Home, and the North Renfrew Family Health Team (NRFHT).

Patients and residents consistently express satisfaction with the exceptional care they receive, with the incredibly positive feedback received over the past year marking a significant accomplishment for Deep River and District Health.

The Four Seasons Lodge Long-Term Care Home achieved an impressive 77% overall satisfaction rate from residents and families in the 2023 survey, showcasing positive trends across all areas. Notably, a remarkable 95% satisfaction rate was reported for the respect and responsiveness of our direct care team members. Residents of the home also praised the dietary team with an 86% satisfaction rate for the delicious daily meals and special occasion spreads they provide. The survey was completed by 100% of Four Seasons Lodge residents and their families, who reported clearly in their feedback how important the care and services provided are in improving their comfort and daily life.

Continued on next page...

The North Renfrew Family Health Team's dedication to person-centered care was highlighted by patients in their 2023 annual survey, with 91% having felt involvement in treatment decisions. Furthermore, 98% of patients reported comfort in discussing health concerns with their providers, reflecting the exceptional level of care provided by our collaborative team. Positive feedback continued with 80% of patients reporting the ability to secure appointments on the day they desired, as well as a willingness to recommend the NRFHT to others.

The recent digital patient experience survey launched for the Deep River and District Hospital's Medical Inpatient Unit and Emergency Department also garnered remarkable responses. In the Medical Inpatient Unit, DRDH team members received praise for their professionalism and clear communication, as 100% of patients reported satisfaction in the team's responsiveness to their needs as well as communication with nursing team members. DRDH's dedication to patient safety was also consistently noted by patients, with 100% sharing they received information about medications being provided to them and their potential side effects.

Patients in the Emergency Department also highlighted the person-centered care they received, as 93% felt they were treated with courtesy and respect, over 90% felt listened to carefully, and 96% were satisfied with the amount of time spent by nursing and physicians during their visit. These impressive results emphasize the exceptional quality of care and service that Emergency Department team provides during patients' most vulnerable moments.

"I am delighted to see the exceptional levels of satisfaction reflected in these recent survey results," said Janice Bunge, community member and co-Chair of DRDH's Patient and Family Advisory Council. "These results emphasize DRDH's commitment to caring for each individual like a loved one, and our Patient and Family Advisory Council is pleased to hear from patients and residents about the overwhelmingly positive experiences they have had at DRDH."

David Cox, DRDH Board Chair, expressed the Board's admiration for the consistently positive feedback received. "Excellent feedback results such as these take unwavering commitment to those cared for by the entire DRDH team."

Janna Hotson, DRDH President and CEO, shared her pride in these stellar results, stating, "These remarkable results serve as a powerful reminder of the positive impact our organization has on the health and well-being of our community, and the difference it makes in the lives of our patients and residents."

Deep River and District Health values feedback from patients and residents as a means to continuously improve and ensure the delivery of an excellent, compassionate care experience, every time.





STRATEGIES FOR MANAGING LOW MOOD

AN ARTICLE BY LIFESPEAK

What You Can Do Right Now

Taking small, daily steps in the areas outlined below can have a significant impact on improving your mood:

Keep connected

Try to do one thing every day that allows you to connect with others. This action may be as simple as sitting in your local coffee shop or calling someone you care about.

Get moving

Exercise increases the brain chemicals that have a positive impact on mood. Go for a walk, follow an online exercise video, or do some light exercise while you watch your favorite show.

Keep a routine

Set an alarm at night and commit to going to bed when it goes off. Get up at the same time every day, even if you are feeling tired. Plan one thing each day that you will accomplish, however small that thing may be.

Don't procrastinate

Avoidance creates a cycle of low self-efficacy that makes it more difficult to get motivated. Break tasks down into smaller pieces rather than avoiding tasks altogether.

Avoid or reduce alcohol

Try to cut back on your alcohol consumption or stop altogether when you are feeling down.

Eat a healthy diet

While eating can provide comfort in the moment, eating poorly tends to make low mood even worse. Incorporate fruits, vegetables, lean meats, and whole grains into your diet.

Practice Self-Compassion

Acknowledge that you are not alone and treat yourself as you would a friend. Challenge negative thoughts that arise and accept that not every thought we have is true.

Help someone else

Helping someone else allows us to better put things in perspective. Do one small thing for someone else or help care for a pet.

When to consider professional help:

You have been feeling depressed most of the day, every day, for more than 2 weeks.

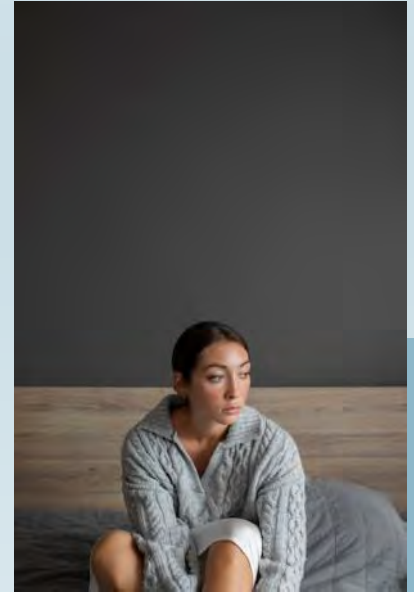
You have lost interest or no longer experience pleasure for things that used to bring you joy.

You are having trouble functioning at work, at school, or in your social life.

You are having uncontrollable thoughts of self-harm or suicide.

Start by speaking with your doctor or connect with your EAP.

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





HEALTHY EATING IN THE REAL WORLD

A VIDEO SERIES BY LIFESPEAK

LifeSpeak, our Employee and Family Assistance Program, has released a number of resources this month regarding *Healthy Eating in the Real World*. Click on each of the images below to watch a video from the series:

This month from LifeSpeak: **Healthy Eating in the Real World**



[Healthy eating basics: all you really need to know](#)



[Top tips for eating well within your budget](#)



[Healthy eating: harnessing the power of the rainbow](#)



[Sugar: facts, fiction or fuel](#)



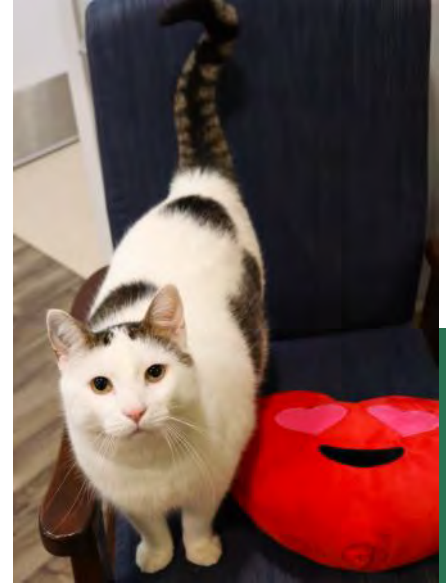
[Snacking for success](#)



[Healthy eating in the real world: frequently asked questions](#)



Mental Health & Resilience



Volunteer Lori helped our residents craft handmade Valentine's cards for our each other and our team members earlier this month—thanks Lori! Our Veteran residents also received a number of handmade Valentine's cards from school children through Veterans Affairs Canada's *Valentines for Vets* program, which are pictured below (right).



On February 11, our Dietary team put on a special Valentine's Day Brunch in the home for our residents and their loved ones.

Pictured here along with the delicious spread are Dietary team members Ann and Anne-Marie.



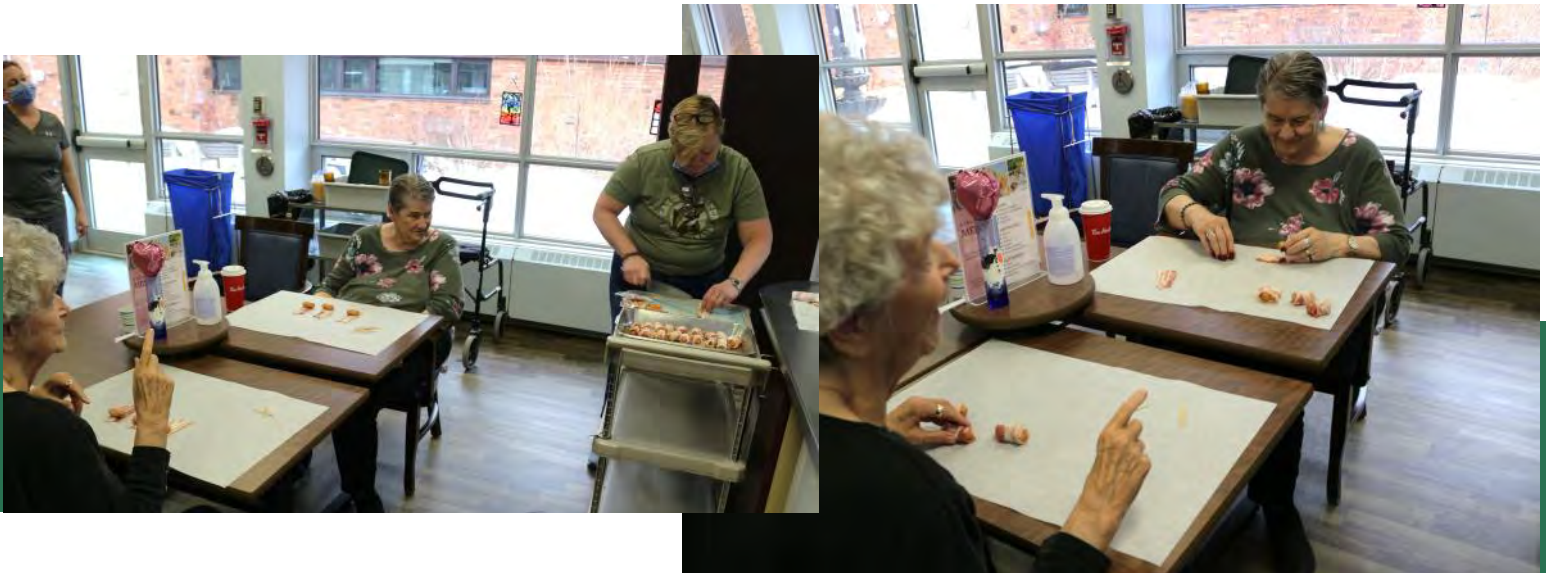


February's Residents' and Family Council meeting recapped previous discussion items including the person-centered care educational video project that the residents will assist with in the coming weeks, as well as the introduction of welcome baskets. These baskets will be provided in addition to the paper welcome package for new residents moving into the Four Seasons Lodge. An update on the ongoing duct cleaning was provided, noting that the contractors have been able to minimize disruptions for residents and their routines.

The Council took some time to discuss upcoming plans in March for both St. Patrick's Day and Easter, including activities and special meals. It was decided that for St. Patrick's Day the residents would like to enjoy an Irish Stew along with some green beer. For Easter, it was decided that another brunch will be held for family to come enjoy, since the February Valentine's Day Brunch was such a success. Ann will work with the residents to coordinate a menu for the Easter brunch which will include favourites from past brunches like hot cross buns and eggs benedict. For activities, it was confirmed that current planned programming will continue, with the addition of St. Patrick's Day and

Easter themed activities for crafting and potentially an egg hunt. Residents also discussed plans for another outing in March, since February's outing unfortunately had to be cancelled due to unforeseen circumstances. Residents also discussed plans to welcome the Cubs back next month for a Wednesday evening of fun.

As part of the regular review of the Resident Bill of Rights, rights #21 & #22 were reviewed. These rights include: "every resident has the right to have any friend, family member, caregiver or other person of importance to the resident attend any meeting with the licensee or staff of the home," and "every resident has the right to designate a person to receive information concerning any transfer or any hospitalization of the resident and to have that person receive that information immediately." The Council discussed the importance of having someone available to attend meetings, as it is nice to have someone present who can help to explain things for those who may have trouble expressing themselves at times. The Council also discussed the importance of having a friend or family member being provided with updated information when needed if a resident does need to go to hospital so that they are able to be there to support them.



TASTE OF HOME

The Taste of Home program continues in the Four Seasons Lodge, with residents and our Dietary team making special recipes that remind them of home. This month, one of the treats on the menu was bacon wrapped smokies!

CELEBRATE NUTRITION MONTH BY JOINING US FOR:



A GROCERY STORE TOUR WITH A REGISTERED DIETITIAN



Rebecca Poirier, RD

Join Rebecca Poirier, Registered Dietitian, for a hands-on way to learn about healthy eating and label reading, at your local grocery store.

*What cracker has the most fiber?
What cereal is lowest in sugar?*
Now is your chance to get your questions answered about all your favourite foods, and perhaps you will decide to try something new!



**DEEP RIVER &
DISTRICT HEALTH**

North Renfrew Family
Health Team

Monday, March 25, 2024

1:20 PM – 2:30 PM

OR

Thursday, March 28, 2024

10:00 AM – 11:00 AM

In-Person at Jan's Valu-Mart,
75 Deep River Road, Deep River

**OPEN TO ALL ADULTS
IN THE COMMUNITY**

To register please contact the
North Renfrew Family Health
Team at

613-584-1037

*These events are free, but space
is limited!*

DRDR SEEKS DEDICATED INDIVIDUALS TO JOIN THE BOARD OF DIRECTORS AND COMMITTEES

Deep River and District Health (DRDH) is seeking candidates to serve on its Board of Directors and Patient / Resident Representatives to participate in standing committees.

The DRDH Board of Directors is responsible for governance of the multi-sector organization, which is comprised of the Deep River and District Hospital, the Four Seasons Lodge Long-Term Care Home, and the North Renfrew Family Health Team, and guiding its exciting future within the health system. The campus of care at DRDH is expanding, innovating, and modernizing, and the Board of Directors is looking for new volunteers to provide guidance and direction to meet the growing needs of our communities.

The Board of Directors provides crucial oversight for setting the organization's mission and strategic direction, and supports the advancement of strategic goals. DRDH strives to promote and embody the values of Equity, Diversity, and Inclusion. Within a skills-based board, DRDH endeavours for the composition of the board to reflect the diversity of the communities served, and encourages interested candidates of all backgrounds and abilities to apply.

Directors are elected to serve for three-year terms and Patient / Resident Representatives are appointed annually to participate in standing committees. The Board of Directors typically meet monthly, except for July and August, and all standing committees of the board generally meet quarterly or at the call of the Chair.

Serving as a volunteer on a healthcare board can be an incredibly meaningful and rewarding experience for those eager to make a positive impact on their community. Candidates are invited to offer their skills, experience, and enthusiasm as volunteers to ensure DRDH continues to care for every person like a loved one.

Join the board to help ensure DRDH realizes its vision of an excellent, compassionate care experience, every time. Prospective candidates interested in serving on the Board of Directors or as a Patient / Resident Representative on a standing committee are invited to submit their applications by April 15, 2024. Application forms are available on the [DRDH website](https://www.drdh.org) or by contacting Kelsea Madore at kmadore@drdh.org or 613-584-3333 ext 7100.

JOIN OUR
BOARD OF DIRECTORS

The Board of Directors for
Deep River and District Health
is inviting new members
to join our team

GET INVOLVED! JOIN THE BOARD!

For more information, please contact kmadore@drdh.org
or 613-584-3333 ext. 7100. Apply by: April 15, 2024

www.drdh.org



DEEP RIVER &
DISTRICT HEALTH

Deep River & District Hospital

Four Seasons Lodge Long-Term Care Home

North Renfrew Family Health Team

2024 WCCT BONSPIEL & PANCAKE BREAKFAST

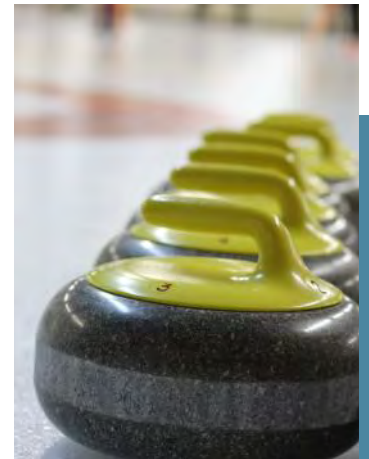


Thanks to everyone who participated in our 2024 WCCT Bonspiel and the Pancake Breakfast fundraiser on February 3, 2024. It was a tremendous success with lots of smiling faces.

The estimated fundraising total from both events tops **\$10,000**. We had around 170 breakfast attendees and a full 16 teams for curling.

A special thanks to members of the DRDH Dietary department, especially Marian, who spent one of her very first days of her retirement volunteering at the breakfast!

The proceeds from both events will go towards the Closer To Home campaign to build a 96-bed Long-Term Care Home.



SPLIT THE POT LOTTERY

Our Foundation has had something BIG in store, and it's finally here! This winter, 51 Ontario Hospitals have joined forces to bring you more lottery winners, fewer decisions on who to support, and a GUARANTEED big win...

This is the Split the Pot Lottery—Supporting 51 Participating Ontario Hospitals!



YOU could be one of our **13 GRAND PRIZE WINNERS** who will take home a split of the pot:

- 1 winner will take home 60% of the jackpot
- 2 winners will split 20% of the jackpot
- 10 winners will split 20% of the jackpot

PLUS! We have five additional draws if you purchase early!

- **Early Bird #1:** \$6,000 split between 6 winners
- **Early Bird #2:** \$5,000 split between 5 winners
- **Early Bird #3:** \$50,000 split between 5 winners
- **Early Bird #4:** \$10,000 split between 5 winners
- **Early Bird #5:** \$50,000 split between 5 winners

That's **39 total chances to WIN, \$76,000 in early rewards and a \$500,000 guaranteed Jackpot**, plus all the Ontario patients who benefit from your support!

TICKETS ON SALE NOW!

BEST VALUE \$60 FOR 400 TICKETS	\$40 FOR 160 TICKETS	\$20 FOR 40 TICKETS	\$10 FOR 10 TICKETS
GET TICKETS			

SUPPORT OUR HOSPITALS

THERE'S **STRENGTH IN NUMBERS**

HALF TO PARTICIPATING ONTARIO HOSPITALS, HALF TO MULTIPLE WINNERS!

BUY NOW
splitthepot.ca

TAKE HOME YOUR SPLIT OF THE JACKPOT



HOLIDAY SMILE COOKIE CAMPAIGN



Thank you Tim Hortons Deep River for choosing us as the charitable receipt for the Holiday Smile Cookie this past November, which raised **\$3,058.47** for our Closer To Home campaign.

We appreciate every single customer who purchased a cookie, and especially those who bought dozens!

Pictured here along with James is Restaurant Manager Christa Beauchesne and Owner Ania Breckon. Thanks to both Christa and Ania for helping this campaign succeed.

Every dollar from this campaign will go towards the construction and furnishing of the 96-bed Long-Term Care Home at Deep River and District Health.

We extend heartfelt gratitude to the Deep River Bowling Alley for their **\$6,000** donation to the Closer To Home campaign this month!

This contribution will play a vital role in helping to fund the construction and furnishing of a 96-bed Long-Term Care Home in Deep River, which will significantly impact the long-term care waitlist in our community. Part of their donation will also go towards sponsoring the “Kid’s Entertainment Zone” at the upcoming Run For Home 2024 event.

DEEP RIVER BOWLING ALLEY SUPPORTS CAMPAIGN



The Deep River Bowling Alley has been a pillar of the community since 1946, making it one of the longest running volunteer groups in North Renfrew. It is the only bowling alley in the Ottawa Valley, and also the only entirely volunteer-run bowling establishment in Ontario according to the organization.

The Deep River & District Health Foundation offers special thanks to President Bob van Houtte, Vice-President Fred Colpitts, Treasurer Ethel Van Houtte, Secretary Shannon Jobidon, Michelle Colpitts, Suzanne Martin, Janet Melnyk, and all the other dedicated volunteers who contribute to the success of the Deep River Bowling Alley.

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.