



**DEEP RIVER &  
DISTRICT HEALTH**

# THE ZINGER

## NEWSLETTER

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**MARCH 2024**



### **DRDH ACHIEVES HIGHEST RANKING THROUGH ACCREDITATION CANADA**

Deep River and District Health is thrilled to announce that we have once again been awarded Exemplary Standing by Accreditation Canada. *See pages 4—5 for the full story.*



### **PUPPIES VISIT THE FOUR SEASONS LODGE**

The Four Seasons Lodge residents had some very welcome fluffy guests visit this month—golden retriever puppies! *See pages 18—19 for more adorable photos from the visit.*

# CEO'S CORNER

## CONNECTING WITH OUR DRDH TEAM AND COMMUNITY



As we bid farewell to the month of March, I am filled with immense pride and gratitude for what we have again achieved together and for the unwavering commitment to excellence that again propelled us to significant accomplishments.

This month, we were able to share that our organization has again been **Accredited with Exemplary Standing** by Accreditation Canada. This accomplishment is a testament to all members of our team's relentless pursuit of quality and person-centered care. It is a reflection of the hard work, passion, and expertise that you bring to your roles every single day that we have been able to achieve

this standing for the second consecutive time in our organization's history.

Receiving this accreditation reaffirms our position as a leader in rural healthcare, and it would not have been possible without your collective efforts. Your professionalism, teamwork, and tireless dedication to our patients and residents have not gone unnoticed, and were highlighted clearly in the survey.

As we celebrate this achievement, we should recognize that it has been a journey to achieve this standing again. Since our last assessment in 2019, we have overcome significant challenges, embraced innovation, and supported one another to help us reach this significant success collectively. Together and through adversity, we have demonstrated our commitment to providing the highest standard of care to those we serve, and to continuing to maintain and exceed expectations.

I want to extend my heartfelt thanks to each member of our team for your hard work, passion, and unwavering dedication. Your contributions have made a profound difference in the lives of our patients, residents and their families, and continue to do so on a daily basis.

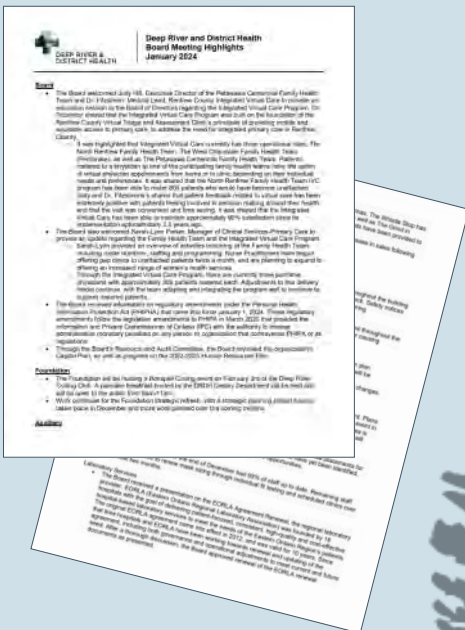
As we look ahead, we have the opportunity to continue to build on this momentum and achieve excellence in all that we do on a daily basis. The next few months will have more exciting activity happening in and around the health campus that will continue to set the stage for both our growth and our ongoing ability to continue to provide excellent, compassionate care far into the future.

Thank you once again for your outstanding efforts. I am incredibly proud to be a part of this team, and to be able to work with all of you to continue to serve our communities together.

Yours sincerely,  
**Janna Hotson**  
 President and Chief Executive Officer  
 Deep River and District Health

## BOARD HIGHLIGHTS

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



# MANDATORY EDUCATION

## APRIL 2024

Please see the assigned education for the month of April on Surge Learning. This is due to be completed by April 24th, 2024. Please contact Rebekah if you are having any issues accessing the education.

### All Staff

- Code Grey
- LTC Act, Regulations & Policies, Inspection Protocols-PPT presentation (Overview of the FLTCA Inspections)
- Customer Service-Annual Refresher - Part two

### RN, Lab, RPN

- Transfusion Medicine

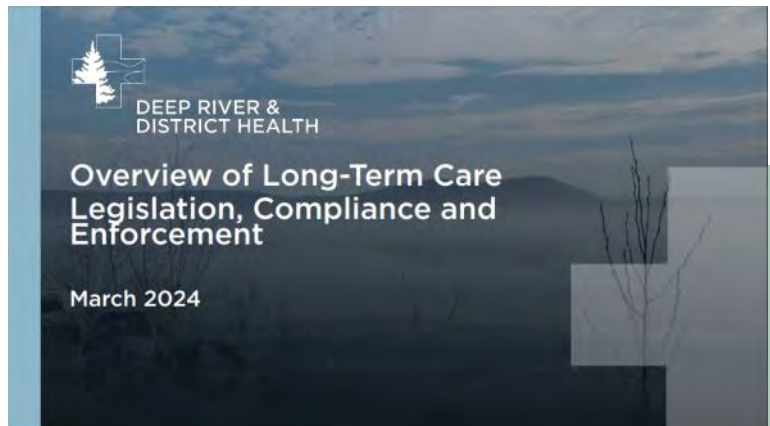
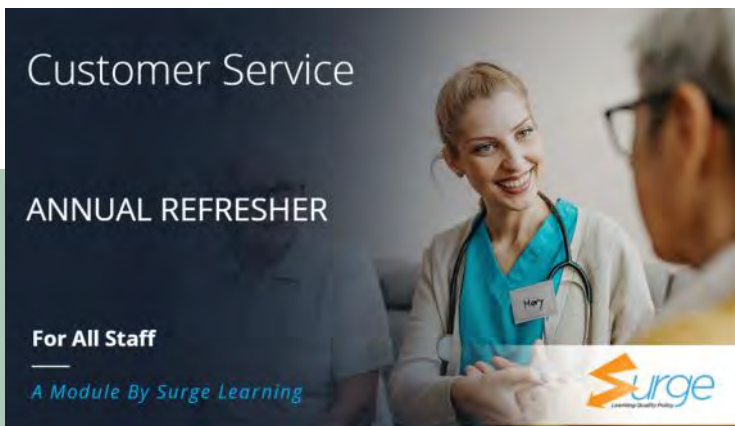
### NP, RN, RPN

- CNO Medication Practice Standard

### Housekeeping

- Best Practices for Environmental Cleaning
- TASKI jet 38-50- Diversey Vacuum Video

| DEEP RIVER AND DISTRICT HEALTH  |   |
|---|---|
| Policy: Code Grey – Infrastructure Failure  |   |
| Original Date: 2019   | Policy Manual: Emergency Preparedness                       |
| Approved by:  |   |
| <input type="checkbox"/> Board of Directors   | <input checked="" type="checkbox"/> Chief Executive Officer |
| <input type="checkbox"/> Chief Nursing Executive  | <input type="checkbox"/> Chief Financial Officer            |
| <b>Policy</b>   |   |
| Deep River & District Health (DRDH) comprised of the Deep River & District Hospital, Four Seasons Lodge, and North Renfrew Family Health Team has an obligation to ensure that the facility is as safe as possible for patients, residents, staff and volunteers.   |   |
| A Code Grey is any infrastructure failure including but not limited to external weather, power failure of both main and emergency power, HVAC systems (heating, gas or ventilation), flooding, medical gases, telephone systems and information technology systems. These infrastructure failures would put the continued operation of the organization or specific departments at risk and create safety concerns for patients, residents, staff and volunteers.                           |   |
| The response to Code Grey will be determined by the nature of the event. The response to various types of Code Grey may differ depending on the specific circumstances. In all cases, all staff have a responsibility for ensuring that patient/resident care and services continue in a safe manner.   |   |
| The response to the Code Grey will be determined by the expected duration of the event. Shorter duration events will require less resources and planning than long term interruptions.  |   |
| <b>Types of Code Grey</b>   |   |
| <b>Code Grey – External Weather</b>   |   |
| External weather conditions are such that road travel is problematic or not possible. Deliveries of food, linen, medical supplies and pharmaceuticals are unlikely to occur while the weather is ongoing. Rationing of food, linen, medical supplies, pharmaceuticals may become necessary if the disruption is prolonged. Replacement staff may not be able to report, or may be limited to those living in immediate proximity to the facility. It may not be safe to leave the building. |   |
| <b>Code Grey – Main Electrical Failure</b>  |   |
| The main electrical power system is not functioning. This may be due to an internal or an external problem. This may also be due to a scheduled maintenance procedure. Emergency Power will be limited to emergency generator.  |   |
| <b>Code Grey – Emergency Power Failure</b>  |   |
| While the main electrical system is currently functioning, the emergency generator or its switching system is non-functional due to a problem, or has been taken off line for maintenance. Should any disruption of the main electrical power supply occur, there will be no emergency power.   |   |
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| Page 1 of 7   |   |



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

# DEEP RIVER AND DISTRICT HEALTH ACHIEVES HIGHEST RANKING THROUGH ACCREDITATION CANADA



Deep River and District Health (DRDH) is thrilled to announce that we have once again been awarded Exemplary Standing by Accreditation Canada, highlighting a momentous achievement for our organization.

In early November, DRDH welcomed Accreditation Canada surveyors for a comprehensive assessment spanning 4 days. The survey covered many different aspects of the organization, from patient care at the bedside to governance in the boardroom. Surveyors engaged with team members, patients, residents, families, the Board of Directors, and community partners. Their evaluation encompassed on-site visits to various departments, observing care, examining policies and procedures, and ensuring DRDH is meeting the highest standards of quality, safety, and operational efficiency.

DRDH received an outstanding final score of **99.3%**, securing Accreditation with Exemplary Standing for the second time under the esteemed Qmentum Global Accreditation Program. This remarkable accomplishment involved meeting an impressive 1,500 out of Accreditation Canada's 1,511 applicable standards. Notably, DRDH also adhered to all Required Organization Practices, which address high-risk areas in healthcare.

Accreditation Canada provided an overwhelmingly positive report, commending DRDH's innovative health campus model, strong community partnerships, high patient, resident, and staff satisfaction, as well as the implementation of our new Strategic Plan. The report also highlighted the invaluable contributions of the supportive Foundation and Auxiliary.

David Cox, DRDH Board Chair, expressed the Board of Directors' satisfaction, stating, "We commend the entire DRDH team for the remarkable results, which are a testament to the level of commitment to quality improvement and person-centered care. We have an incredible team providing excellent care and services to our communities."

*Continued on next page...*

“Being awarded Exemplary Standing for a second consecutive time, despite the challenges faced in healthcare since our last survey in 2019, is a reflection of the strength, compassion, and resilience our teams bring to the organization every day,” said Janna Hotson, DRDH President and CEO. “At DRDH, we strive to care for every person like a loved one, and we are proud that our accreditation status serves as a validation of this commitment.”

Hotson also expressed gratitude to all involved in the survey process, stating, “Participation in Accreditation is a welcomed opportunity for us at DRDH, as it provides us with an opportunity to evaluate our care, identify areas for improvement, and celebrate our achievements.”

Accreditation is a voluntary process that healthcare organizations across Canada can choose to participate in, and DRDH remains committed to upholding Accreditation Canada’s highest standards of quality and safety in healthcare. DRDH looks forward to continuing providing an excellent, compassionate care experience and furthering our quality improvement journey.



# + STAFF HAPPENINGS

## NEW HIRES



Ofelia



Amanda



Claire



Marian

### - WELCOME -

This month we were pleased to welcome three new members to our team. **Ofelia** is a Food Service Worker, **Amanda** is a Pharmacy Technician, and **Claire** is a Registered Nurse.

We are also happy to welcome back **Marian** to our Dietary Team following her retirement earlier this year.

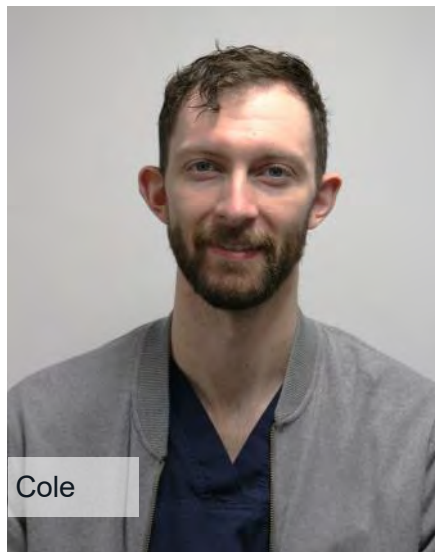
Please join us in extending a warm DRDH welcome to our new and returning team members.



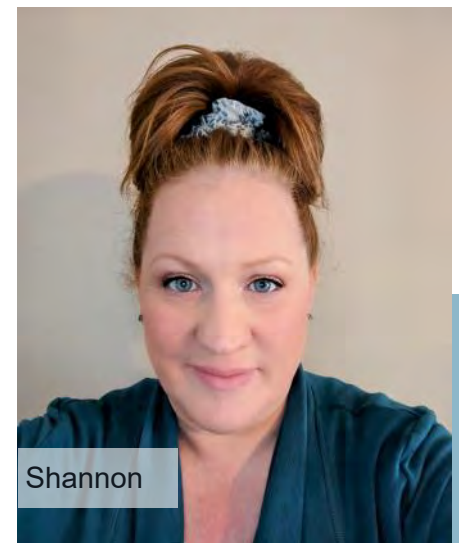
### - NURSING STUDENTS -

This month we are also pleased to welcome two nursing students from Algonquin College. Both students are in their 2nd year of Practical Nursing and are completing their consolidation here with us at DRDH until the end of May. Please join us in extending a warm DRDH welcome to our nursing students **Cole** and **Shannon**.

Also, a huge thank you to Paige, Erin, Kyle and any other DRDH team member who may be acting as a preceptor or supporting these students across all three areas of our organization!



Cole



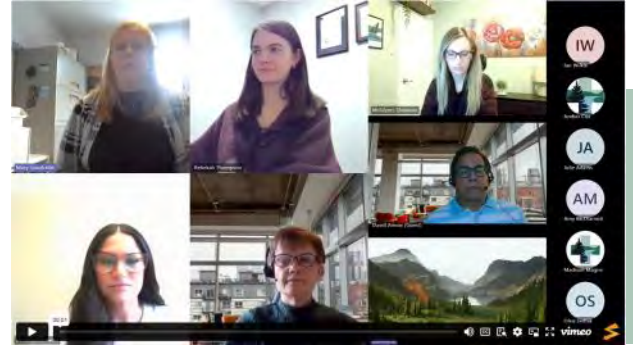
Shannon

## NEW BENEFITS PROVIDERS

DRDH has joined a provincial initiative along with 81 other healthcare employers across Ontario who have worked together to co-create a comprehensive, suitable, and responsive employee healthcare benefits program. A collaborative selection process took place over the last year, which resulted in **Medavie Blue Cross** as the new provider for Health and Dental and **Manulife** as the new provider for Life, Accidental Death & Dismemberment and Long-Term Disability benefits.

If you missed the virtual drop-in sessions regarding our April 1, 2024 transition in benefits providers, recordings are available on Surge Learning under 'recommended learning' for you to watch anytime.

In addition, check out the Frequently Asked Questions documents that were shared from each of the providers for more information. Feel free to reach out to Mary Goodchild, HRO, or our new providers directly should you have any additional questions.



## SOCIAL WORK WEEK

We are shining a spotlight on our incredible Social Worker at the North Renfrew Family Health Team, Beverley, as we celebrated Social Work Week from March 4 – 10, 2024.

Social Workers play a pivotal role in promoting health and well-being, and bring compassion, empathy, and expertise to every interaction. From providing support to those facing challenges to collaborating with other healthcare team members, Social Workers have an unwavering commitment to enhancing wellness and person-centered care. Their dedication transforms lives and creates a positive effect that extends far beyond the walls of our clinic.



Beverley is a Registered Social Worker, Community Mental Health Worker, and Counsellor who joined the North Renfrew Family Health Team earlier this year. With a background in community schools, long-term care, and child protection, Beverley supports rostered individuals and families of all ages.

Rostered patients of the North Renfrew Family Health Team can book an appointment with Beverley through the online booking system or by calling the office at 613-584-1037 – no referral is required.

For those who are not rostered patients of the North Renfrew Family Health Team, Social Work services are available to those in our community through the North Renfrew Family Services by contacting 613-584-3358.

Join us in expressing gratitude and appreciation for the outstanding work of our Social Worker at the North Renfrew Family Health Team and those throughout our community!

## PHARMACY APPRECIATION MONTH



March is Pharmacy Appreciation Month, and we couldn't be more excited for the opportunity to highlight our incredible pharmacy professionals.

From ensuring safe medication dispensing to providing invaluable care for our community, our pharmacy team plays a vital role within our organization and health system. Their dedication and expertise contribute to keeping our community healthy and thriving.

Join us in expressing our heartfelt gratitude to our skilled and dedicated pharmacy professionals who are such an integral part of DRDH. Your hard work and commitment make a world of difference every single day!

Pictured here are Pharmacy team members Amanda and Bev. Thank you for all that you do!

This year, we also teamed up with our local pharmacies to shining a light on enhanced pharmacy services to help patients experience the power of pharmacy – check out page 16 and 17 for more!

## PHARMACY APPRECIATION BBQ



Our first all-staff BBQ of the season was held on March 19 in recognition of Pharmacy Appreciation Month!

Big thanks to everyone who came together to pull off the celebration, and of course to our Pharmacy team for all they do for our organization and community.



## DIETITIAN'S DAY

March 20 was Dietitian's Day! DRDH is celebrating the incredible contributions of our Dietitians who play a vital role in influencing the well-being of our community. This year's theme, "We are Dietitians", offers us a great opportunity to introduce our Registered Dietitians and Certified Diabetes Educators – Rebecca and Erica.

Our Dietitians are not just experts in nutrition, they are compassionate caregivers, educators, and advocates for healthier living. From providing personalized nutrition plans to conducting community programs, their dedication knows no bounds.

Let's take a moment to appreciate and thank our Dietitians at DRDH for their unwavering commitment to improving lives through better nutrition!

There are several ways you can access Dietitian support at DRDH. If you are a patient of the North Renfrew Family Health Team, you can book an appointment online or by calling 613-584-1037 for a Dietitian's help with prediabetes, diabetes, high cholesterol, weight management, picky eaters, and more. If you are not a patient of the Family Health Team, but you have diabetes or care for someone who does, you can self-refer to the Diabetes Program contacting DRDH at 613-584-3333 ext. 0.

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

Check out pages 22—25 to see more about how we celebrated Dietitian's Day and Nutrition Month this year!



## HOOPP'S 2023 PLAN PERFORMANCE

In what was another year characterized by global economic uncertainty,



HOOPP was pleased to announce that they performed well and was able to continue strengthening the Plan for members and employers.

At the end of 2023, the Plan remained more than fully funded at 115%. That means they have \$1.15 in assets for every \$1 owed in pensions. They also posted a strong one-year return of 9.38% and saw net assets rise to \$112.6 billion.

These are all excellent indicators of the Plan's overall health and can provide peace of mind that members' pensions remain secure.

Check out their Annual Results page by [clicking here](#) for more information.

## INFLUENZA VACCINATION RATES

The final results are in!

Thank you to everyone who received the influenza vaccine this year and helped protect our patients, residents, visitors, and each other from the spread of illness.

**All Staff Influenza  
Vaccination Rate = 60%**

Special acknowledgement to our Maintenance and core Emergency Department teams, both of whom reached a 100% vaccination rate!



## HOSPITAL NEWS Advanced Cardiac Life Support Training

On March 7 and 8, 2024 an Advanced Cardiac Life Support training course was offered here onsite for members of our Nursing team. Advanced Cardiac Life Support highlights the importance of team management of a cardiac arrest, team dynamics and communication, systems of care and immediate post-cardiac arrest care.

Thank you to all those who participated and expanded their skills and knowledge in caring for our patients.





DEEP RIVER &  
DISTRICT HEALTH



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YOURS  
TODAY



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## CONSTRUCTION ACTIVITY RAMPING UP!

As we move ahead with exciting progress on our new Primary Care Building, construction activity is now ramping up as we transition into the warmer weather.

Construction fencing was installed on March 18 to safely block off the construction area for our new building, and as such, adjustments have been made to ensure continuity of safe access to services at DRDH during construction.

Although a portion of our parking lot is cordoned off by construction fencing, parking areas in front of the current Family Health Team, Emergency Department Entrance, and Main Entrance will remain available for patients, residents, and visitors.

Our health campus will see a flurry of exciting activities over the coming months, so please be aware and stay clear of construction activity outside of the organization. Access to the construction site will be restricted as necessary to maintain safety.

Regular operations will continue throughout construction, and efforts are being made to minimize any disruption for patients, residents, and visitors to the organization.

This construction is an important part of the growth and evolution of our organization, and we are pleased to be moving forward with this exciting transformation of our health campus together!



## CONSTRUCTION PARKING AND TRAFFIC FLOW



With construction of our new Primary Care Building beginning, changes to our parking arrangements and traffic flow have been put into effect. These changes are a result of the exciting progress we are making in the growth and evolution of our health campus.

With the construction fencing now in place, **all staff parking has been being relocated.** The new designated staff parking area is now in the newly paved area on the east side of the building.

Thank you to Maintenance team members Martin and Keith for all your work in getting lines painted on the new parking area!

As a reminder, parking areas in front of the current Family Health Team, Emergency Department Entrance, and Main Entrance are designated for patients, residents, and visitors only.



In addition to the staff parking changes, there has also been a change in the route for all delivery vehicles servicing our organization. Our new driveway and loading dock are now being used by all delivery vehicles. This change is aimed at improving the flow for delivery vehicles and ensuring a safe and accessible route throughout construction on our health campus.





# UNDERSTANDING THE IMPORTANCE OF FOOD NEUTRALITY

AN ARTICLE BY LIFESPEAK

The concept of “food neutrality” refers to a balanced and impartial approach towards all types of food which doesn’t favor or stigmatize any specific food group, including pleasure foods like sweets, snacks, sugary or alcoholic drinks, and desserts.

## Adopting food neutrality in your everyday life

We all have our preferences or aversions in terms of food, but this isn’t a question of personal or sensory criteria. Food neutrality is a much more global concept that encourages us to avoid judgments and prejudices toward certain foods or diets while promoting healthy eating based on respect for individual needs, variety, and moderation. Food neutrality encourages a healthy relationship with food, in which food is neither demonized nor idealized but rather enjoyed as part of an overall lifestyle.



## Demonizing food is harmful in the long term

Demonizing certain foods like chips, pastries, candy, or ice cream can have multiple negative and insidious consequences in the long term. They won’t manifest after the first negative comment is uttered, but rather as a result of repetition. Here are some of the consequences that can ensue:

### An unbalanced diet

Demonizing food can lead to complete avoidance of certain food groups, which can result in nutritional deficiencies and an unbalanced diet. The demonized food can sometimes be an important source of essential nutrients and their exclusion may impact overall health.

### An unhealthy relationship with food

Demonizing certain foods can lead to behaviors that encourage restriction and can give rise to feelings of guilt. This can eventually bring about eating disorders such as orthorexia or cycles of restriction and compulsive eating in addition to fostering an unhealthy relationship with nourishment or certain foods.

### Lots of stress and anxiety

The obsession and anxiety linked to the avoidance of demonized food can induce mental and emotional stress that affects our overall well-being. The pressure we put on ourselves to follow strict diets can also generate psychological distress and low self-esteem.

### Potential impacts on our social lives

Demonizing certain food can make it difficult to participate in social events and shared meals. This can result in social isolation and reduced quality of life due to the fear of being judged.

It’s important to emphasize that a balanced approach to food helps maintain a healthy relationship with nourishment, promotes dietary diversity, and meets individual nutritional needs.

*Continued on next page...*



### The interindividual variability: what's good for one isn't good for all

If you've ever wondered why some people have a high caffeine tolerance and can down a cappuccino before bed without consequence to their sleep while for others, it's guaranteed insomnia, you've discovered the concept of interindividual variability. Interindividual variability refers to the natural differences between individuals in a population in terms of their physical characteristics (such as skin, eye, or hair color), physiological responses, or even behaviors. These variations can be observed in many areas, such as genetics, metabolism, and reactions to drugs and foods. Each person may react differently to the consumption of the same food, making the "good" or "bad" food approach obsolete.

### The case of the banana and the cookie

A group of researchers examined postprandial glycemia (i.e.: blood sugar levels after ingesting a specific amount of carbohydrates). As part of an experiment, they gave participants either cookies or bananas to eat, then measured their blood sugar levels over time. To their surprise, blood sugar responses to the food eaten weren't always as expected, nor were they uniform across the sample. Some people had better levels after eating a banana whereas others had better levels after wolfing down a cookie! This is a case of interindividual variability. You might think that the cookie is "bad", and the banana is "good", but this wasn't the case for all participants! This aspect of individuality suggests that a more personalized approach could be used and developed to reduce postprandial blood sugar peaks.

This example demonstrates that it's important to value the neutrality of foods, that is, that they are neither unhealthy nor healthy by nature. All foods are an integral part of a healthy diet, but the frequency of consumption and the quantities consumed are both key factors to consider.

In other words, aim for daily consumption of foods packed with vitamins, minerals, and fiber, and enjoy comfort or ultra-processed foods occasionally or during special events. This approach aims to include all foods in one's diet, without any restrictions.

### Your blacklist

There shouldn't be any food on your blacklist. If, for example, chocolate was on your list, the very act of eating it would trigger sensations of failure, of having cheated, and would generate guilt and negative feelings. Therefore, to maintain a balanced diet, where desserts are, of course, welcome in moderate quantities and where you're always listening to your hunger and satiety cues, all foods should be allowed and neutral. Your piece of chocolate should bring you nothing but pleasure and satisfaction.

Finally, words like "good" or "bad" should be removed from your dietary vocabulary since what's good for you, isn't necessarily good for others!

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



We teamed up with our local Pharmacies this year to shine a light on enhanced Pharmacy services during Pharmacy Appreciation Month. Check out the graphics below to learn more about the power of pharmacy!



## DID YOU KNOW PHARMACISTS CAN ADMINISTER A BROADER RANGE OF VACCINES?

Pharmacists are stepping up their game! As part of their expanded scope, Pharmacists can now administer a broader range of vaccines as well as other substances such as B12. From flu shots to travel vaccines, our local pharmacies are your go-to stop for immunization.

Prescriptions may be required, so be sure to speak with your primary care provider and Pharmacist about the best options for you.

Pictured here is Pharmacist Nina Shah from Deep River's Pharmacy and UK Goodies.



## DID YOU KNOW PHARMACISTS CAN PRESCRIBE MEDICATIONS FOR MINOR AILMENTS?

Breaking barriers for better healthcare! Ontario Pharmacists now have an expanded role in prescribing medications for minor ailments, empowering you with quicker access to necessary treatments. Your local Pharmacists are here to make healthcare more accessible and convenient. Let's prioritize your well-being together!

Be sure to speak with your local Pharmacist to find out which services they offer and whether they are right for your needs. Pharmacists may be able to prescribe medications for minor ailments such as acne, dermatitis, UTIs, and more. Click here to see our social media post with the full list.

Pictured here are Pharmacists Philip Cahoon, Daniel Arsenault, and André Dubé from Cahoon's Pharmacy.







## DID YOU KNOW PHARMACISTS CAN HELP WITH MEDICATION MANAGEMENT?

It's not just about prescriptions; it's about personalized care! Pharmacists in Ontario now have an expanded scope in medication management, ensuring optimal drug therapy for patients. From dosage adjustments to therapy reviews, your Pharmacist is your health ally.

Pictured here is Pharmacist Sunny Grewal from Rx Drugmart IDA.



## DID YOU KNOW PHARMACY TEAMS CAN HELP MANAGE CHRONIC CONDITIONS?

Teamwork makes the dream work! Ontario Pharmacists are now even more involved in managing chronic conditions. With an extended role in collaborative care, your Pharmacist works alongside others in your healthcare team, such as Pharmacy Assistants, to provide comprehensive support. Better health outcomes start with collaboration!

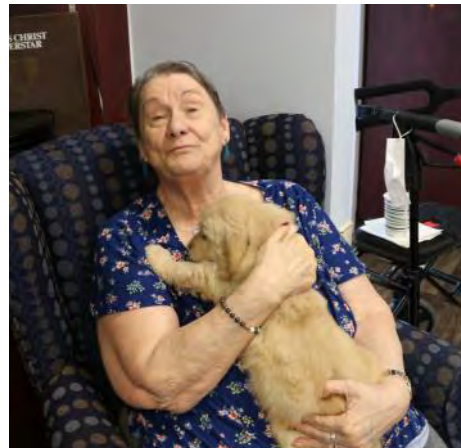
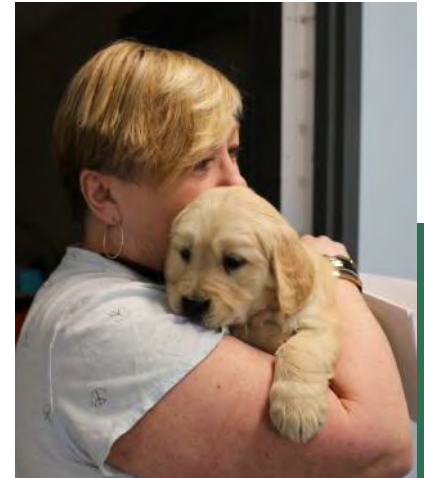
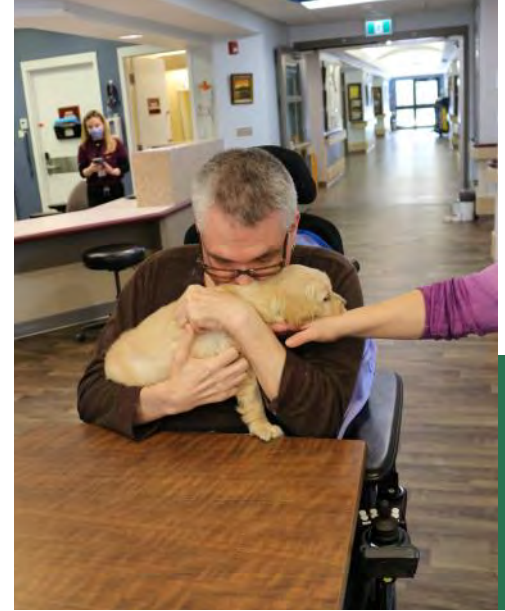
Pictured here is Pharmacy team member Bev from Deep River and District Health.



- HAPPY PHARMACY APPRECIATION MONTH -

# + FOUR SEASONS LODGE NEWS

March 1 was a pawsitively amazing day! Our hearts were wagging with joy as a bunch of adorable Golden Retriever puppies trotted their way into the Four Seasons Lodge. It was a paw-some day full of smiles, cuddles, and puppy kisses! Let's all give a round of appaws to team member Patti for bringing in these fluffy bundles of joy before they head off to their fur-ever homes.



# + FOUR SEASONS LODGE NEWS



On March 6, 2024 the residents hosted the Deep River Cubs for a fun evening of crafts and cookie decorating. Thank you to the Cubs for another great visit!



## + RESIDENTS' COUNCIL CORNER



At the March meeting of the Residents' and Family Council, the Council discussed a number of items including visual cues for the floor, the person-centered care video project, welcoming co-op students, masking, and more. The group also discussed setting a date for a brainstorming session related to the educational video on person-centered care, and it was decided we will begin to look at drafting a plan for our video project in late April.

Additionally, the Council discussed welcoming two co-op students to the Home, who will be learning the role of a Personal Support Worker. The students will be supporting the residents by making beds, assisting with linen changes, recreational programming and exercise classes. The two students will be in the home in the mornings until April and then the afternoons in the following semester, when they will be joined by an additional student who will rotate into the Lodge as part of their co-op placement.

A review was conducted of the current masking policy within the home, which led to a robust discussion on changes to the Ministry of Long-Term Care requirements, as well as how residents felt about implementing a flexible masking policy. Feedback was provided by those in attendance, and it was shared that residents would be happy to begin seeing staff's smiles again, as well as enjoy time in common areas with family and visitors without masks.

After much discussion, it was determined that the Council was in favor of introducing a *'friendly masking'* policy for the Lodge—see *below for more details*.

Furthermore, an informal vote was taken by the Residents' and Family Council (RFC), as current RFC President, Brenda, has decided to step down from her role and wished to nominate fellow resident Lorraine as the interim President. Those in attendance voted in favor of this change, and the Four Seasons Lodge Interim RFC President is now Lorraine.

Additional discussion included a review of the meal choice of the month for April, which was decided to be a Taco Tuesday! Some adjustments were discussed to the Recreation Programming schedule for PSWs lead activities. It was noted that crafting will continue on Thursdays and we will look to reschedule an outing to do a drive, coffee, and potentially visit the waterfront, weather pending.

As part of our regular review of the Resident Bill of Rights each month, right #23 was reviewed, noting that, ***"Every resident has the right to receive care and assistance towards independence based on restorative care philosophy to maximize independence to the greatest extent possible."***

This led to discussion on the home's restorative care program, which was summarized as encouraging individuals to do certain activities of daily living on their own and assisting when necessary in order to help to maintain independence.

## + FOUR SEASONS LODGE NEWS

### Friendly Masking in Long-Term Care

We received some exciting news from the Ministry of Long-Term Care this month. The Ministry has been working closely with the Office of the Chief Medical Officer of Health to monitor and assess respiratory illness in the community and long-term care homes. They anticipate a lower risk period of respiratory illness than we have experienced over the past three months. Based on this trend, the Ministry of Long-Term Care has ended its enhanced masking directive.

*Continued on next page...*





# FOUR SEASONS LODGE NEWS

## Friendly Masking in Long-Term Care

Our residents discussed this notice at our most recent Resident and Family Council meeting. Most in attendance were in favour of more relaxed masking within the Lodge and are excited to see their family member's faces once again. Residents also discussed that there may still be a time and place for masking, and some people may still feel more comfortable wearing a mask, or asking their care givers to wear a mask when they are providing care in close contact. The residents proposed a **Friendly Masking** process be adopted.

Considering the Ministry's direction and the resident's proposal, along with knowledge of our high resident and staff vaccination rates and comprehensive infection prevention and control program, we are happy to announce our new Friendly Masking status effective immediately.

What does this mean?

- Masks are recommended but not required for visitors and essential caregivers.
- Masks are required for staff based off their point-of-care risk assessment before every resident interaction. For example, masks must be worn if resident is on isolation precautions.
- Masks are required for staff when a resident or substitute decision maker requests that they wear one.
- Staff may consider wearing a mask during prolonged direct resident care (within 2 meters of an individual for 15 minutes or longer).

Staff are encouraged to keep their COVID-19 and influenza vaccinations up to date and can reach out to Alana to receive these vaccines.

We are encouraging a focus on hand hygiene as a key method for infection prevention and control. Alana will be conducting frequent audits of staff compliance with hand hygiene and provide in-the-moment coaching. Residents and visitors are encouraged to clean their hands often.

Thank you to everyone who has kept the Lodge so healthy and safe over the last several years of the pandemic. Please continue to stay home when you are unwell, wash your hands frequently, keep your immunizations up to date and follow the point-of-care risk assessment to determine your PPE needs.

If you have any questions about our new masking requirements or the point-of-care risk assessment, please do not hesitate to ask Jenny or Alana.

**JOIN OUR BOARD OF DIRECTORS**

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

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**GET INVOLVED! JOIN THE BOARD!**

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



Deep River & District Hospital —  
 Four Seasons Lodge Long-Term Care Home —  
 North Renfrew Family Health Team —

# + NUTRITION MONTH ACTIVITIES

March is Nutrition Month! We celebrated with some fun activities for two chances to win a grocery gift card.

We had a whopping number of folks complete the Nutrition Month quizzes that were available in the cafeteria and staff lounge. We hope everyone learned a thing or two on the quiz—shout out to our awesome Dietitian’s Rebecca and Erica for making it for us...thank you both!

We also received some delicious healthy recipes from across our team and compiled them into an e-cookbook. Thanks to everyone who shared a recipe with us. We hope everyone will find something in the e-cookbook they want to try!

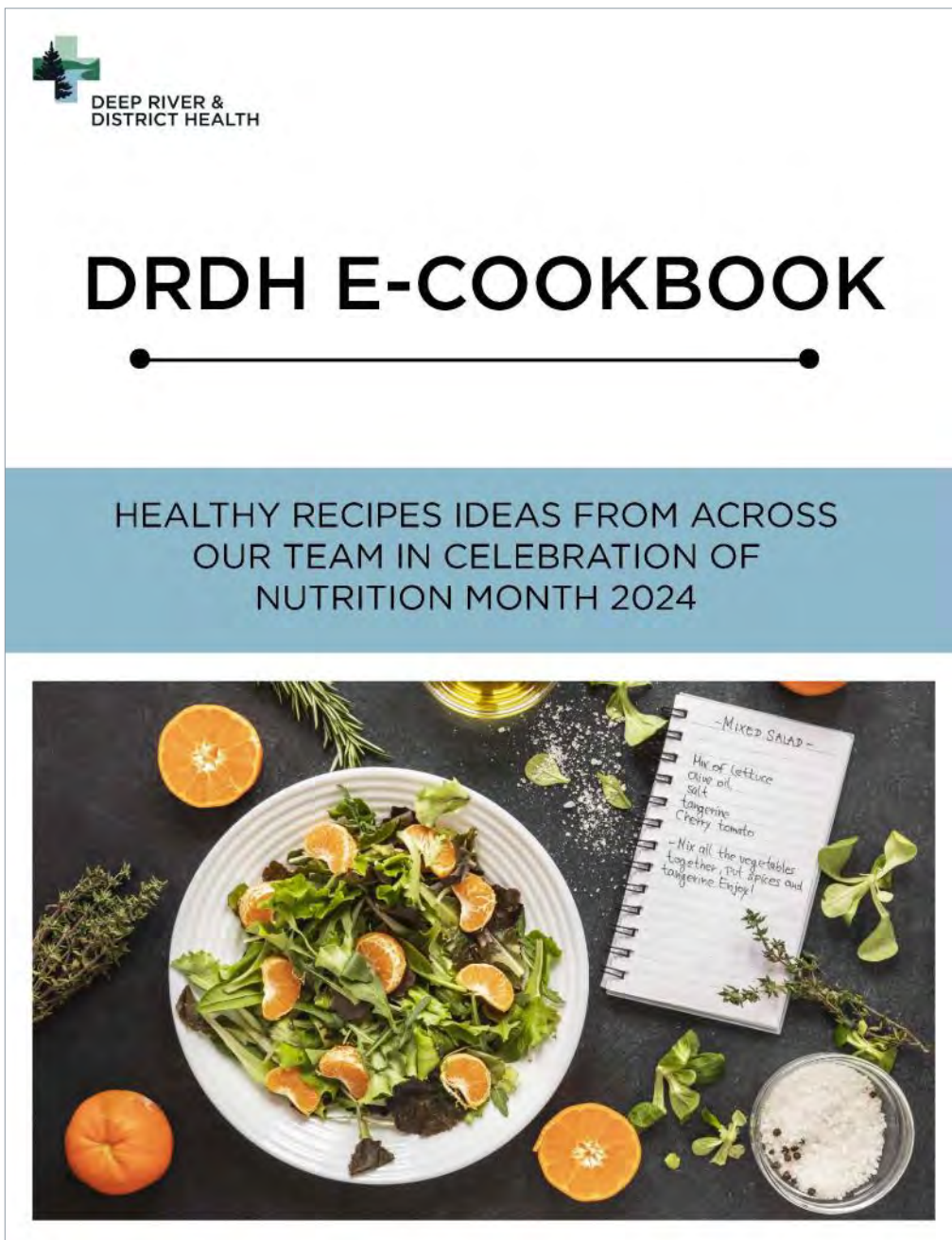
Congratulations to **Rebeccah** and **Taylor**, who were the lucky winners of the draw for a grocery gift card!



Looking for new healthy recipe ideas?

Check out the recipes inside our Nutrition Month E-Cookbook for:

- **Guacamole**
- **Citrusy Chicken Salad with Feta**
- **Mac and “Squeeze”**
- **Chickpea and Veggie Pita Pizzas**
- **Baked Feta Spaghetti Squash**
- **One Pan Mexican Quinoa**
- **Turkey Taco Salad**
- **Almond Coconut Granola**
- **Bittersweet Quinoa Chocolate Cupcakes**
- **Oatmeal Breakfast Cookies**
- **Banana “Ice Cream”**





# FAMILY HEALTH TEAM NEWS

## Nutrition Month



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!*

**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!*

**DEEP RIVER & DISTRICT HEALTH**  
North Renfrew Family Health Team

Monday, March 25, 2024  
1:30 PM – 2:30 PM  
QR

Thursday, March 28, 2024  
10:00 AM – 11:00 AM  
In-Person at Jan's Valu-Mart,  
75 Deep River Road, Deep River

Registered Dietitian Rebecca Poirier of the North Renfrew Family Health Team offered a unique opportunity for members of our community as part of our Nutrition Month celebrations this year—an in-person grocery store tour!

The tour was an opportunity for community members to ask questions about the choices available at our local grocery store, and learn something new along the way.

Thank you to Rebecca for this fun community education offering and thank you to everyone who attended.

If you have any ideas for other education sessions you would like to see offered, please let us know by reaching out to the North Renfrew Family Health Team at 613-584-1037.



# FAMILY HEALTH TEAM NEWS

## Nutrition Month



### YELLOW

Canned chickpeas are a cheap and healthy convenience food. You can rinse them to remove most of the salt, or buy them “no salt added.” They are a legume that is high in protein and fibre, which helps to control blood sugar after meals. Many people have tried chickpeas in hummus; but they are also tasty in curries, soups, and salads.

Try out this Easy Chickpea and Veggie Pizza recipe and let us know what you think:

<https://whatyoueat.ca/en/recipes/easy-chickpea-and-veggie-pita-pizzas/>

### ORANGE

Squash is a source of soluble fibre, which helps to lower cholesterol, and prevent constipation. You can buy it fresh, or frozen (some varieties, like butternut!), and use it in different ways - like baked in the oven, or pureed in a soup.

Picky eaters might approve of this recipe for mac and cheese. One of the ingredients is blended butternut squash - it mixes in with the cheese and you barely know it is there! Rebecca, our Dietitian, once served this recipe at an Early On Centre years ago and it was a big hit with the children.

<https://www.unlockfood.ca/en/Articles/Child/Toddler-Nutrition/Mac-and-Squese.aspx>



### WHITE

Milk contains calcium, an important nutrient for building strong bones.

Unfortunately, as we age, we absorb less calcium from our diet. Studies of older adults show that adequate calcium intake can slow bone loss and reduce the risk of fracture.

It is important to eat foods that contain calcium every day, including milk (or fortified plant-based alternative), plain yogurt, low-fat cheese, dark green leafy vegetables, almonds, chickpeas, and more!

ARE YOU GETTING ENOUGH CALCIUM? Try out Osteoporosis Canada’s Calcium Calculator:

<https://osteoporosis.ca/calcium-calculator/>







# FAMILY HEALTH TEAM NEWS

## Nutrition Month



### PINK

Salmon is high in omega 3 fatty acids, which are good for the heart, and brain. Other fish that are high in these “good” fats, include trout, herring, sardines, and arctic char.

Eating canned salmon is a less expensive way to include it in your diet. Click on the link below for tips and recipes using canned salmon:

<https://www.unlockfood.ca/en/Articles/Cooking-Food-Preparation/All-about-canned-salmon.aspx>

### GREEN

Did you know that you should “massage” kale with your hands to make it softer before it goes in your salad? Have you ever mixed frozen kale into your soup, stew, or smoothie? This versatile dark leafy green can be used in many different ways.

Rebecca’s favorite way to use kale is to sauté it in a frying pan and serve it alongside scrambled eggs for breakfast. It is especially nice to do when kale is in season and you can buy it fresh from the farmer’s market.

She has shared this recipe with us:

1c chopped kale, 1 tsp canola oil, and 1 tsp garlic powder

Instructions: Heat the oil in a frying pan on medium-low heat and then toss in the kale. Sprinkle on the garlic powder. Sauté using a spatula until the kale is wilted (this will only take a few minutes).



Did you enjoy our nutrition posts this month?

If so, consider booking an appointment (or attending a nutrition class) with one of our Registered Dietitians!

Stay tuned for details about upcoming nutrition classes that are open to all adults in the community.

HEALTHCARE HEROES



Congratulations to Trinity and Liz who were recently nominated as DRDH Healthcare Heroes! This is what the nominator said:

*"Shining a spotlight on both Trinity and Liz for going above and beyond for the residents at the Four Seasons Lodge. Your thoughtfulness is truly inspiring. Thank you for your hard work, dedication and the great care that you provide for all those that call the Lodge home."*

If you appreciate a team member or volunteer at DRDH and wish to nominate them as our next Healthcare Hero, you can [make a donation of any amount](#) online and pick "Healthcare Heroes" at the checkout. Write a little message and submit!

**CONGRATULATIONS**

Congratulations to dedicated volunteer Bill Bishop for his recent nomination as a Healthcare Hero at DRDH! Here is the message from the nominator:

*"I would like to recognize Bill Bishop as a Healthcare Hero. Although Bill is not a medical practitioner himself, I would classify him as a 'caring medical professional volunteer', serving as a member of the Patient and Family Advisory Council at Deep River and District Health, as well as a volunteer driver for Carefor.*

*While driving patients in need of a chauffeur to medical appointments, Bill recently had a patient who was unfamiliar with accessing health services, and Bill used his experience to assist the patient in achieving optimum outcomes from their visit to the Emergency Department.*

*As a member of the Patient and Family Advisory Council at DRDH, Bill deserves recognition for sharing his experiences with fellow members, making us all the more aware of the first-hand experiences of patients and their caregivers across our region."*

Congratulations and thank you Bill for your dedication and for helping to improve care experiences for those in our community.



## SPLIT THE POT LOTTERY—WINNER ANNOUNCED!

### 13 Winners Share \$1,077,915 Jackpot in Split the Pot Lottery!

Split the Pot Lottery's 13 grand prize winners were revealed to the public on Monday, March 25 after the jackpot soared to a final total of **\$1,077,915**.

Congratulations to the winners:

**One winner (60% of the final payout) |  
Winnings: \$646,749.00**

1. Bill B. of Toronto, Ticket #57643979

**Two winners (20% of the final payout) |  
Winnings: \$107,791.50 each**

1. Erika G. of Guelph, Ticket # 56940912

2. Ryan L. of Peterborough, Ticket  
#45350297

**Ten winners (20% of the final payout) |  
Winnings: \$21,558.30 each**

1. Kim H. of Oshawa, Ticket #14737552

2. Barb T. of Sarnia, Ticket #21538084

3. Nancy K. of Hamilton, Ticket #19178324

4. Philip S. of Windsor, Ticket #23092956

5. Heather O. of Guelph, Ticket #35966341

6. Gilles C. of Timmins, Ticket #22951646

7. Maroof B. of Toronto, Ticket #55820450

8. Gord L. of Seguin, Ticket #25868937

9. Fred K. of Chatham, Ticket #11025269

10. Donna C. of Ancaster, Ticket #14531601

Split the Pot Lottery supports hospital health care, with 51 hospital partners across the province, and ticket buyers can share the winnings and be part of the largest partnered fundraising initiative in Ontario. By participating in Split the Pot, supporters are also shifting the dialogue around Ontario's hospitals, highlighting that we are all connected and that a win for one is a win for all.

**- STAY TUNED FOR FUTURE DRAWS -**

A promotional graphic for the Split the Pot Lottery. At the top left is a logo with a large 'H' and the word 'PARTNER' to its left, and 'SPLIT the POT Lottery' to its right. The background is dark blue with several 100 Canadian dollar bills floating around. The main text 'SUPPORT OUR HOSPITALS' is written in large, glowing orange letters. Below this, it says 'THERE'S STRENGTH IN NUMBERS' in white. A blue box contains the text 'HALF TO PARTICIPATING ONTARIO HOSPITALS, HALF TO MULTIPLE WINNERS!'. At the bottom, it says 'BUY NOW splitthepot.ca' in white and orange, next to a QR code. In the bottom right corner, there is small text: 'RAF1365408 Deep River'.

**THANK YOU FOR PLAYING!**

# BLACK BEAR'S CHARITY HOCKEY CLUB



Thanks to the Black Bears Charity Hockey Club for another generous year of support! Their highly successful tournament this year raised **\$27,500** for DRDH which will fund multiple new IV pumps for use across the health campus.

Above is Jessica Brum (in yellow) and John Hoyle (right), both dedicated Black Bears executive volunteers.

We are pleased to share that they are now honoured as lifetime Champion level donors to DRDH Foundation for crossing the \$100,000 mark in total giving. In fact, the Black Bears Hockey Club has donated approx. \$120,000 to DRDH Foundation over the past eight years, which has been used to fund a variety of medical equipment including vacuum pumps, cardiovascular monitoring equipment, this year's IV pumps, and more. Thank you again!

Three cheers for WCCT - Deep River for their commitments in 2024 to help the Closer To Home campaign at DRDH! WCCT has sponsored not one but TWO events this year, for a combined donation of **\$10,000**. WCCT will be our Run For Home 2024 Champion Sponsor and they also presented a matching challenge for our February Bonspiel. We appreciate what the Board does for our community. Pictured here is Savanna Leahy (Office Manager) and Chris Knight (Volunteer Director of Marketing and Sales).

WCCT (Weesoe Community Communication Technologies) is a community-based, volunteer-supported 'not-for-profit' corporation set up to deliver internet services in Deep River and Laurentian Hills using 'state of the art' technology, promote the use of internet-related communication technologies by area residents, and provide an on-going source of funding key to sustaining Deep River & District Health. Thank you again!

## WCCT — DEEP RIVER



RUN FOR HOME 2024 — REGISTRATION OPEN NOW!

06.22.2024  
**RUN FOR HOME**  
2KM.5KM.10KM.HALF

**DEEP RIVER ARENA**  
2 Club House Road



START AT  
**8AM**

LIVE MUSIC  
GAMES  
DOORPRIZES  
ALL AGES  
NATURE TRAILS

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

Run For Home 2024 Registration is now OPEN! We are extremely excited to host this event again on Saturday, June 22, 2024.

Run, walk, or move (at your own desired pace) in support of Closer To Home, the campaign to help build a 96-bed Long-Term Care Home at DRDH. Race distances are 2K, 5K, 10K, and Half-Marathon all mainly through beautiful forest trails.

Last year was highly successful with over 270 participants, and our goal this year is to cross 300. Entry is by donation.



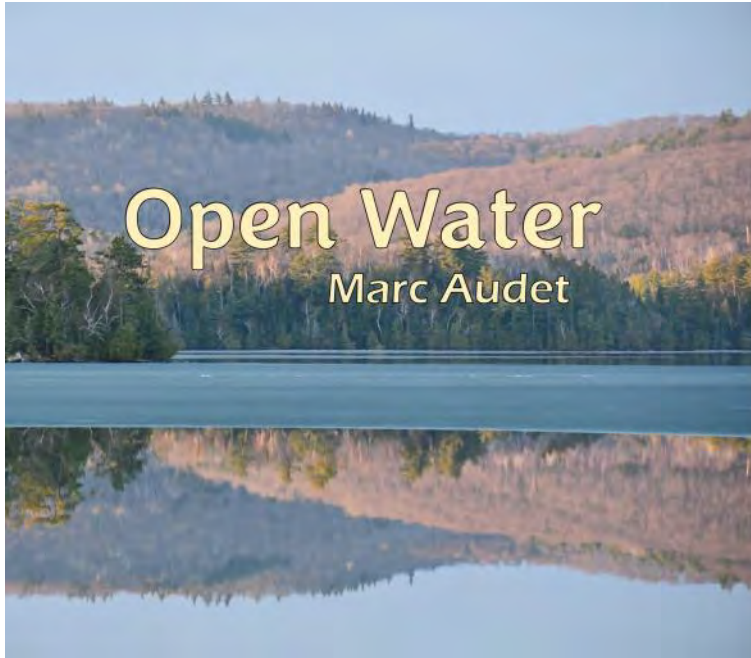
**Register Before May  
24th, 2024 To Guarantee  
Your Race T-Shirt!**

Click [HERE](#) to register today!



## CD SALE FUNDRAISER—MARC AUDET'S OPEN WATER

Marc Audet will donate \$5 from every CD sale from his new release "Open Water" to the Closer To Home campaign. Click [here](#) for more information and details on how to purchase a CD.



### Open Water

1. -Another Chance
2. Hear You Sing
3. Holden Pond
4. La Riviere
5. Not Forgotten
6. Stone Fences

**BONUS TRACK**

7. Close to Home

OPEN WATER is the outcome of a project to remix six songs from THE RIVER, 2019. The songs are presented with a more sparse sound/orchestration, that is reflective of Marc Audet's folk music group NORTH RENFREW.

Half of the proceeds from EP sales will be donated to the Deep River & District Health Foundation

Special thanks to sound specialist John MacLean who remixed these songs with incredible skill.



www.marcaudetmusic.com



SO CAN

Sound Specialist (remixing) - John MacLean  
Album layout & design - Marc Audet  
Photography - Marc Audet

Proudly made in Canada 

## BE BEAR AWARE



With this year's early spring, the bears are already waking up! Bears have been spotted in the area around our organization, so please be remember to be bear aware.

Bears are smart, curious, powerful and potentially dangerous. Exercise extra caution and be alert at this time of year while you are in the parking lot or when you are out on a walk. Bears do not like surprises, so alert them to your presence so they can avoid you.



## 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](mailto: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.*