



**DEEP RIVER &
DISTRICT HEALTH**

THE ZINGER NEWSLETTER

+ TOP NEWS INSIDE

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DRDH BREAKS GROUND ON NEW PRIMARY CARE BUILDING

Deep River and District Health is proud to announce the groundbreaking of our new Primary Care Building, marking a monumental stride in the growth and expansion of our health campus. *See pages 4-7 for the full story.*



DRDH AWARDS NIGHT PAYS TRIBUTE TO OUTSTANDING TEAM

Registered Nurse Michelle was presented with the 2024 Essential Pieces Award at the Springtime Social – an event which included service milestone awards as well as a celebration of other achievements throughout the past year. *See pages 12-17 for the full story.*

APRIL 2024

CEO'S CORNER

CONNECTING WITH OUR DRDH TEAM AND COMMUNITY



April has seen a flurry of activity at DRDH, with some momentous milestones that signal the exciting direction for the future of our organization. Reflecting over the past month, it is amazing to think about how impactful the steps we are taking today will be for our community and organization's future.

First and foremost, I am excited to highlight that we have officially broken ground on our new and expanded primary care building! This significant milestone marks the beginning of an exciting journey towards enhancing our capacity and services here at the health campus. The building will not only provide a new home for our North Renfrew Family Health Team, but will also expand our capabilities to better serve our community and promote health and well-being for years to come. Many years in the making, this project represents our commitment to continuous improvement and our dedication to providing high-quality healthcare services.

Additionally, I was delighted to take part in recognizing and celebrating the outstanding achievements of our team members at our *Springtime Social* employee recognition event this month. At this event, we had the pleasure of honouring many individuals with service awards, acknowledging their unwavering dedication and commitment to our mission. I was especially honoured to award our annual Essential Pieces Award to a long-standing, key member of our Emergency Department team. Michelle truly exemplifies the meaning of the award, lives our organization's values everyday, and is overly deserving of recognition for her impact from both her peers and the organization. Her exceptional contributions and dedication to patient care exemplify the values that define DRDH.

As Volunteer Week unfolded this month, we extend our heartfelt gratitude to every volunteer, including members of the Auxiliary whose unwavering dedication and collective impact continue to make a profound difference in the lives of others. Our dedicated Auxiliary again showcased their incredible generosity this month by providing DRDH a remarkable total of \$177,000 in donations.

Amidst these celebrations, let us not forget the ongoing work we do each day to provide excellent, compassionate care to our community. Teams across the organization remain incredibly busy with the increased needs from our community. We remain busy with ongoing inpatient and Emergency Department need, growing need for our support, community services, and primary care, as well as operating within a demanding and challenging environment. Your hard work, professionalism, and commitment to excellence continue to make a profound impact on DRDH in carrying forward our mission, and in the lives of those we serve.

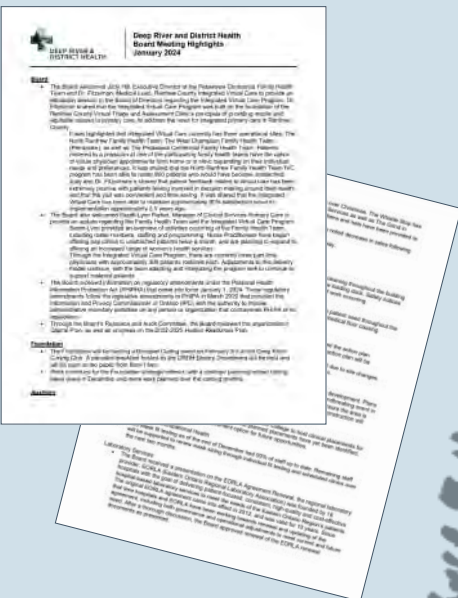
Looking ahead, I am filled with excitement and optimism for the future of DRDH. Thank you all for your tireless dedication, passion, and unwavering commitment to our mission. Your contributions are truly invaluable, and I am honored to lead such an exceptional team.

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

MAY 2024

Please see the assigned education for the month of May on [Surge Learning](#). **This is due to be completed by May 29, 2024.** Please contact Rebekah if you are having any issues accessing the education.

All Staff

- Customer Service-Person Centered Care
- Disclosure Done Well
- Disclosure Policy
- LTC Fall Prevention and Management Program
- Suicide Risk Screening and Suicide Prevention-LTC



RN, RPN

- LTC Fall Prevention and Management Program-Appendixes

RPN

- Stericycle Procedures

RPN, PSW

- Restorative Care – 4 Modules
NOTE: These modules are due by June 26, 2024



Housekeeping

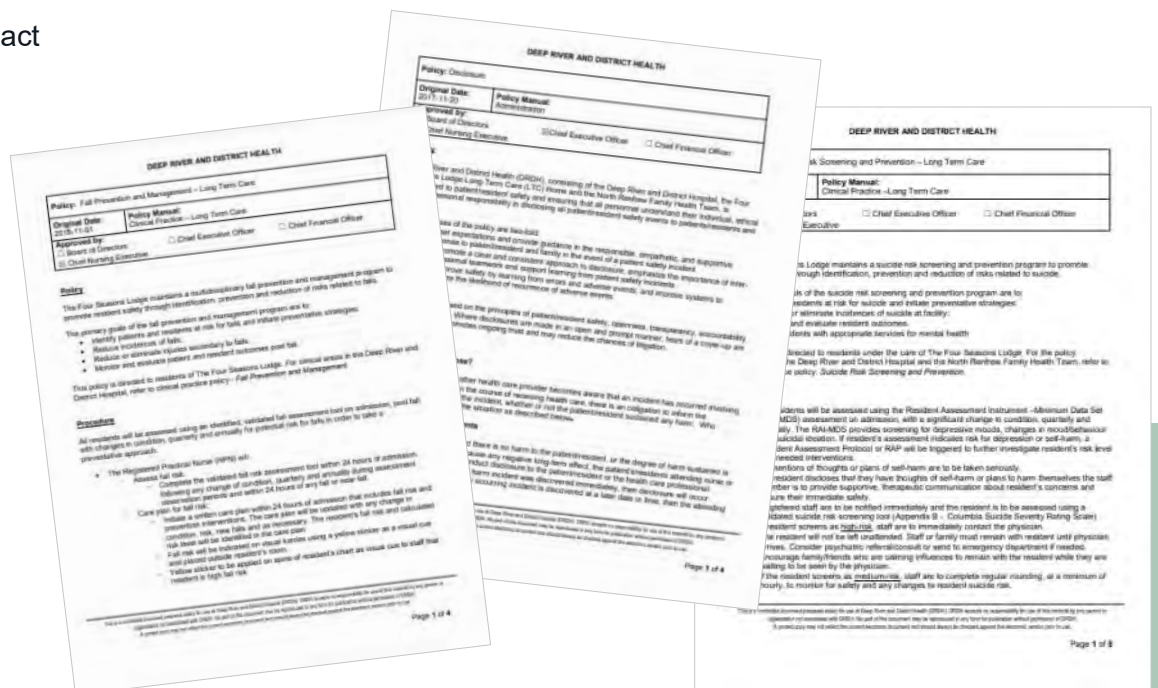
- Best Practices for Environmental Cleaning Module 4b

IT, Maintenance

- Ladder Safety Fast Fact

AOC, Clinical Staff

- Informed Consent and Capacity



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

DRDH BREAKS GROUND ON NEW PRIMARY CARE BUILDING



Pictured here on April 3, 2024 breaking ground for the new Primary Care Building at Deep River and District Health are Dr. Caitlin Armer - Lead Physician, North Renfrew Family Health Team, David Cox – Deep River and District Health (DRDH) Board Chair, John Yakabuski - MPP for Renfrew-Nipissing-Pembroke, Janna Hotson – DRDH President and CEO, and William Willard – DRDH Executive Vice President and CFO.

Deep River and District Health (DRDH) is proud to announce the groundbreaking of our new Primary Care Building, marking a monumental stride in the growth and expansion of our health campus.

The groundbreaking ceremony took place on April 3 at the future site of the new Primary Care Building at Deep River and District Health. Joined by patients, residents, physicians, DRDH team members, and community partners, DRDH commemorated this transformative moment, signifying the beginning of construction for the new building.

The ceremony underscored the organization's unwavering dedication to providing an excellent, compassionate care experience as well as the positive impacts the new building will have for our community.

Janna Hotson, President and CEO of DRDH, expressed profound gratitude and excitement, stating, "Today, we are moving forward on an extraordinary journey towards advancing primary care services that has been years in the making. This groundbreaking ceremony signifies not just the construction of a building, but a testament to our ongoing commitment to improving the health and well-being of our community."

Construction of the new building is anticipated to be completed within the next year. Once complete, the new one-story, 11,000 square foot clinic building will enhance patient experiences and the North Renfrew Family Health Team's ability to provide primary and preventative care for our community. The new building will also provide a safe, welcoming, and accessible space designed to evolve with our community and meet their diverse needs into the future.

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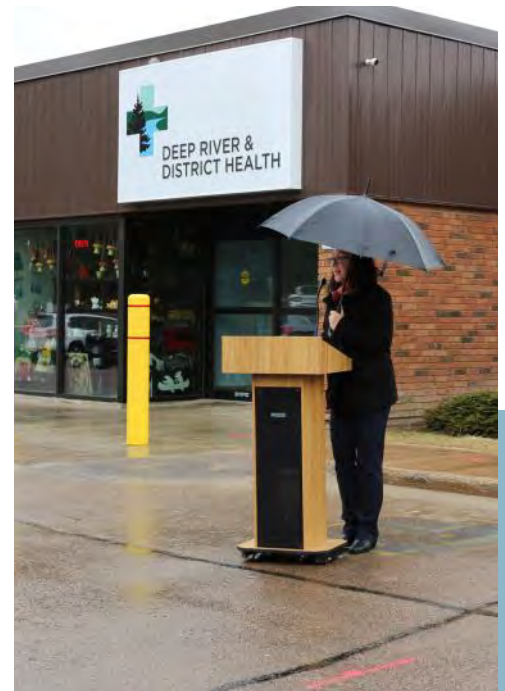
This project is funded in part by the Government of Ontario; which DRDH extends its heartfelt appreciation for, as this investment and support has brought this project to fruition. "We offer our deepest gratitude to the Government of Ontario for their steadfast support throughout this endeavor," remarked David Cox, Board Chair of DRDH. "Their partnership has been instrumental in realizing our shared vision of advancing primary care capabilities and supports our community needs. This infrastructure investment will enable sustainability of these supports well into the future."

"One of the many benefits of this new building is the ability to improve our initiatives for retaining and recruiting medical professionals to our community. We are also pleased to be working with Frecon as the General Contractor, a local company employing local resources and trades, which is another benefit of this project for our community", stated Cox.

The groundbreaking ceremony also received honour from John Yakabuski, Member of Provincial Parliament for Renfrew-Nipissing-Pembroke, who commended DRDH for their dedication to community well-being. "The groundbreaking for this new Primary Care Building marks a significant milestone in our efforts working together towards healthier communities," stated Yakabuski. "This expansion of the health campus in Deep River is something we can all be proud of as members of this community. I commend DRDH for their unwavering dedication to this development and look forward to a time when we can open this new facility that will bring needed services to those of Deep River and area."

As construction ramps up across the health campus, DRDH looks forward to sharing regular updates with our community.







Thank you to all those who braved the weather and joined us for this momentous occasion!

Pictured here are Mayor Giardini - Town of Laurentian Hills, Dr. Caitlin Armer - Lead Physician, North Renfrew Family Health Team, David Cox - Deep River and District Health (DRDH) Board Chair, John Yakabuski - MPP for Renfrew-Nipissing-Pembroke, Janna Hotson - DRDH President and CEO, William Willard - DRDH Executive Vice President and CFO, Mayor D'Eon - Town of Deep River, Deputy Mayor Richer - United Townships of Head, Clara, Maria, and Mayor Serviss - Town of Petawawa.



Thank you to the DRDH Dietary Team for putting on a delicious spread for the groundbreaking event!

TRANSFORMATION OF DRDH



We've been enlisting the help of Holly over at Ottawa Valley Media and Entertainment to help us capture the transformation of our health campus from the sky.

Check out the photos on the next page to see just how much things have already changed since these photos were taken in mid-March!

Also, how lucky are we to be located within such a stunning picturesque landscape?!



PRIMARY CARE BUILDING PROGRESS



April 2, 2024



April 9, 2024



April 10, 2024



April 15, 2024



April 24, 2024

The crew at Frecon hasn't been wasting any time on our new Primary Care Building this month. Following our groundbreaking event on April 3, construction activities have been quickly ramping up at the build site. What was a big hole at the beginning of the month is now a prepped building site with footings poured. Over the coming weeks, work will continue on the foundation and other important infrastructure elements like sewer and other piping...stay tuned!

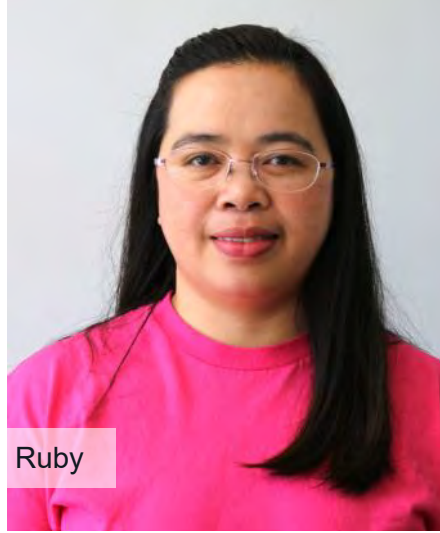


STAFF HAPPENINGS

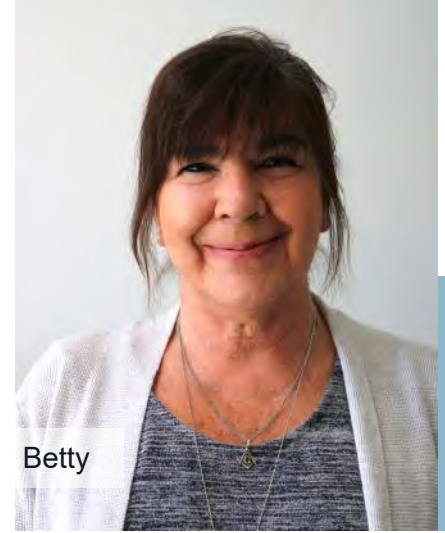
NEW HIRES



Juan Carlos



Ruby



Betty

- WELCOME -

This month we were pleased to welcome three new members to our team. **Juan Carlos** is a Physiotherapist and **Ruby** and **Betty** have both joined our Housekeeping Team. Please join us in extending a warm DRDH welcome to all three new team members.



2024 SOLAR ECLIPSE

In case you missed it, the moon moved between the earth and the sun on Monday, April 8, 2024, causing a partial solar eclipse across our region!

Pictured here safely taking in the spectacle from DRDH are Alex and Rebekah.



GREEN SHIRT DAY & BE A DONOR MONTH



April 7 was Green Shirt Day! A huge shoutout to our amazing community, including the Deep River Police, Deep River Fire Department, Town of Deep River, County of Renfrew Paramedic Service, and all of our incredible team members at DRDH who donned their green shirts to raise awareness for organ and tissue donation.

Green Shirt Day symbolizes the power of giving and the profound impact of organ and tissue donation on saving lives. This movement, spearheaded by the Boulet family, celebrates the life of Logan Boulet and his legacy of generosity. Logan's decision to become an organ donor sparked a nationwide movement and continues to inspire countless individuals to register as donors.

Let's keep the momentum going! Visit www.beadonor.ca to learn more about how you can make a difference and become a registered donor today.



DRDH AWARDS NIGHT PAYS TRIBUTE TO OUTSTANDING TEAM



Registered Nurse Michelle (middle) was presented with the 2024 Essential Pieces Award from Madison Magne, Manager of Clinical Services for Acute Care, (left) and Janna Hotson, President and CEO, (right) at Deep River & District Health's Springtime Social – an event which included service milestone awards as well as a celebration of other achievements throughout the past year.

Deep River and District Health once again came together to honour and celebrate the exceptional contributions of team members at the organization's annual recognition event. The *Springtime Social* was held on April 12, 2024, and celebrated both service milestone and peer recognition recipients, as well as other notable achievements from the past year.

Janna Hotson, DRDH President and CEO, expressed her gratitude for the dedication and hard work of the entire team, stating, "This event is a cherished opportunity for us to come together and recognize the incredible efforts that drive our organization forward. Each member of our team plays a vital role in our success, and it is truly inspiring to recognize our team's service achievements, and celebrate each other."

David Cox, DRDH Board Chair, echoed these sentiments, extending appreciation to all team members on behalf of the Board of Directors. "Our organization's accomplishments are a testament to the commitment and passion of our team members. It is through your unwavering dedication that we continue to make a positive impact on the communities we serve," said Cox.

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Highlighting the significance of peer recognition, the Essential Pieces Award was presented to an outstanding individual who exemplifies the organization's Mission, Vision, and Values. This year, the prestigious award was presented to Michelle, a Registered Nurse who was nominated by her peers for demonstrating compassion, caring, and excellence in her care of others. Michelle's person-centered approach was highlighted by her peers for the countless positive impacts she has had on patients throughout her nearly 15 years at DRDH.

"Michelle's passion and dedication are clearly evident in her nursing practice, and it is my pleasure to present her with this year's Essential Pieces Award. Michelle's kindness, compassion, respect, and unwavering support for her peers truly embody the spirit of DRDH," remarked Hotson. "We extend our heartfelt congratulations to Michelle and express our gratitude for the strength she brings to our Emergency Department team and organization."

DRDH would like to extend congratulations to each of the eight deserving nominees for the Essential Pieces Award this year. Nominees work across the organization in various departments including Maintenance, Information Technology, Nursing, Housekeeping, Dietary, and Diagnostic Imaging.

In addition to individual peer recognition, DRDH also celebrated the commitment and loyalty of employees who reached significant service milestones in 2023. The organization awarded 5-year pins to six employees, 10-year pins to four employees, a 15-year pin to one employee, 20-year pins to two employees, and 25-year pins to three employees. Special recognition was also given to four retirees who each dedicated over 10 years of service to the organization, with one having dedicated over 40 years.

Moreover, the event served as an opportunity to express appreciation to the team members who showcased DRDH's values in responding to the fire that took place on the organization's roof last November. The timely actions of those working during the evening of the fire, as well as all those who responded to assist, were essential to the safe outcome experienced by all.

DRDH would like to extend sincere gratitude to all team members who celebrated our shared accomplishments at the *Springtime Social* event this year. Our team's ongoing commitment to excellence is a cornerstone of our organization's continued growth and success.





Amber — 5 years

5 Years

- Amber
- Vanessa
- Jillian
- Sarah-Lynn
- Amanda
- Samantha

10 Years

- Amanda
- Tammy
- Bonnie
- Jennifer

15 Years

- Pierrette

20 Years

- Tracy
- Mary Ann

25 Years

- Nadine
- Melinda
- Cara

Retirees with 10+ Years of Service

- Gerald
- Morris
- Lily
- Marian



Jillian — 5 years



Sarah-Lynn — 5 years



Tammy — 10 years



Pierrette — 15 years



Tracy — 25 years



Nadine — 25 years



Gerald — Retiree



Morris — Retiree



Marian — Retiree

+ ESSENTIAL PIECES AWARD



Essential Pieces Award 2024 Award Recipient:

Michelle

Nominees:

Renée

Pierrette

Susan

Ann

Phillip

Rick

Kyle





DRDH AUXILIARY'S GENEROSITY SHINES WITH \$177,000 DONATION



Members of the Deep River and District Health (DRDH) Auxiliary announced \$177,000 in donations to Deep River and District Health at this year's Annual Meeting and Luncheon. Pictured here presenting one of the three donations provided are DRDH Auxiliary Executive Members Annabell Harvey, Janna Hotson – DRDH President and CEO, Eileen Burke, Patricia Clouthier, Lee-an Baker, Marguerite Santone, Jane Pecoskie, Marie Charbonneau, William Willard – DRDH Executive Vice President and CFO, and Judith Cloutier.

The Deep River and District Health (DRDH) Auxiliary, known for its unwavering commitment to supporting healthcare services in our community, has once again showcased its incredible generosity at this year's Annual Meeting and Luncheon. The event, held on April 11, 2024, served as a platform to celebrate the remarkable support extended to Deep River and District Health, with a total of \$177,000 in donations announced.

These donations underscore the Auxiliary's profound impact on improving the well-being of individuals in our community. Among the contributions, \$30,000 has been allocated for the purchase of equipment, including new beds and mattresses at DRDH, ensuring patients' comfort and recovery. Additionally, \$17,000 has been earmarked for the Preschool Speech and Language Program, allowing DRDH to continue to support speech and language development for children across our region. The largest donation of \$130,000 will significantly enhance the amenities at DRDH's new long-term care home once it is built, with funds directed towards spa equipment, prioritizing residents' quality of life and comprehensive care.

Since its inception in 1974, the Auxiliary has contributed an astounding \$1,845,575 in financial assistance and devoted an incredible 431,275 volunteer hours, symbolizing a legacy of compassion and service. Through volunteer work at the Whistle Stop, the DRDH Gift Shop, the DRDH palliative care program, and the Four Seasons Lodge Long-Term Care Home, Auxiliary members have become indispensable pillars of support.

As Volunteer Week unfolds across Canada from April 14 – 20, 2024, Deep River and District Health extends its heartfelt gratitude to every member of the Auxiliary whose unwavering dedication and collective impact continue to make a profound difference in the lives of others.



Pictured here presenting the second of the three donations provided is William Willard - DRDH Executive Vice President and CFO, Auxiliary Members Eileen Burke, Ethel Lee, Lise Hunter, Gloria Kendrick, Maureen Bakewell, and Janna Hotson – DRDH President and CEO.



Pictured here presenting the third of the three donations provided is Janna Hotson – DRDH President and CEO, Auxiliary Members Eileen Burke, Shirley Lachance, Maureen McCarthy, Shirley Leakey, Carolyn Chassé, and William Willard – DRDH Executive Vice President and CFO.



PIZZA PARTY KIND OF DAY



The boss was away at the Advantage Conference on April 19...so it was a pizza party kind of day!

To say thank you to everyone for being an essential 'piz-za' the team, we enjoyed all kinds of pizza from Plan B Restaurant and Grill and a candy buffet.



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

Nominations
open all
year round!

OVOHT COLLABORATIVE PARTNERS FORUM



On April 10, 2024 Amber, Mary, Sarah-Lynn and James attended the Ottawa Valley Ontario Health Team (OVOHT) Collaborative Partners Forum in Pikwàkanagàn.

The forum was an opportunity to meet with our partners across the OVOHT, celebrate and reflect on work completed over the last year, and identify emerging priorities for the coming three years.



ADMINISTRATIVE PROFESSIONALS' DAY



HAPPY ADMINISTRATIVE PROFESSIONALS' DAY

April 24 was Administrative Professionals' Day, and we took the opportunity to celebrate and highlight the invaluable contributions of the devoted Administrative Professionals across our organization with an all-staff BBQ.

The tireless efforts of our Admin Team keep our operations running seamlessly, and are a vital part of delivering top-notch care to our community. Your hard work and support are truly invaluable and appreciated beyond measure! Pictured above representing our Admin Team are Michelle, Jackie, Julie, and Kelsea.

MEDICAL LABORATORY WEEK



HAPPY NATIONAL MEDICAL
LABORATORY WEEK

From April 14 - 20, we highlighted the incredible dedication of our EORLA Lab Professionals during National Medical Laboratory Professionals Week.

Every day, they're the heroes behind the scenes, ensuring accurate and timely test results that are vital for medical decisions, diagnoses, and treatment plans. Whether its inpatient care, outpatient services, or emergency situations, our Lab Team plays a pivotal role in healthcare excellence.

Let's take a moment to express our heartfelt gratitude to these amazing professionals for their unwavering commitment to patient care. Thank you for all you do to keep our community healthy and well!

Pictured here representing our DRDH Lab Team are Mike and Sue.



Thank you to everyone who joined us for coffee and cake on April 15 to celebrate our lab team.

Also, what better time than Lab Week to announce that we're incredibly proud to have EORLA as our trusted laboratory medicine partner for the next 10 years! Here's to each member of EORLA for providing timely and accurate laboratory results for our patients 24/7. Happy Med Lab Week!



**Our trusted laboratory medicine
partner for the next 10 years!**



EORLA

VOLUNTEER APPRECIATION WEEK

From April 14 – 20, 2024, celebrated Volunteer Appreciation Week! The theme of this year's national Volunteer Appreciation Week was "Every Moment Matters", which goes to say that no matter the amount of time our volunteers share with our organization - every single moment contributes to our success and makes a difference. Our volunteers truly make a positive impact in the lives of our patients, residents, staff, and community through their countless contributions.

Throughout the week, we shined a spotlight on a few of our dedicated volunteers to share their experiences and reasons for volunteering:



"I have been a palliative care volunteer for 25 years, and have volunteered over the last approximately 15 years at the Four Seasons Lodge. I find it rewarding and I feel at times I get more out of the experience than the patients or residents. There is no way of explaining the joy it brings to a person to feel like someone cares and that is what you can do through volunteering." - Lee-An

Lee-An is pictured here volunteering her time to assist the residents of the Four Seasons Lodge to plant their seedlings to start off our flower and vegetable gardens this year. In addition to these type of volunteer activities, Lee-An is also one of our go-to palliative care volunteers. Lee-An has completed specific palliative care education and offers compassionate support to individuals in times of need. Thank you Lee-An, and to all of our volunteers for sharing your time with our residents, patients, team members, and community!

"I have been volunteering at the Four Seasons Lodge since August of 2022. I started to volunteer in order to get my community hours required for high school, but now I volunteer to spend time with the residents. My time is mostly spent speaking with the residents, as well as doing activities like colouring, watching shows, and playing games with them. What I enjoy most about the Four Seasons Lodge is the fact that I can come and talk with a different individuals who share their stories with me which allows me to see the world from another perspective." - Nolan

Nolan is pictured here while volunteering his time at a Halloween event last October, where he assisted the residents and their family members who were visiting with cookie decorating. Nolan is just one of our dedicated student volunteers that helps to brighten the days of our residents here at the Four Season Lodge. Thank you Nolan, and to all of our volunteers, for your continued support!



VOLUNTEER APPRECIATION WEEK



"I have been a part of the DRDH Auxiliary since 2012 where I started as a volunteer in the Gift Shop, and then a position opened up on the Auxiliary Executive as Secretary. I spent a few years as Secretary, and now hold the role of President. In addition to my duties as the President, I still spend time volunteering at the Gift Shop, as well as at the Whistle Stop, both of which support Deep River and District Health tremendously.

Through my time as a volunteer with DRDH, I have enjoyed providing evening snacks to the residents of the Four Seasons Lodge and the patients on the Medical Unit. I truly enjoy helping people and this has allowed me to spend time chatting with others, which really can brighten someone's day. While I keep busy with my spouse, 5 children, 8 grandchildren and 4 great grandchildren, I still find the time to volunteer as it is truly rewarding."
- Eileen

Pictured here is Eileen (right) along with fellow volunteer Elizabeth (left) in the DRDH Gift Shop. Through volunteer work at the Whistle Stop, the DRDH Gift Shop, the DRDH palliative care program, and the Four Seasons Lodge Long-Term Care Home, Auxiliary volunteers are indispensable pillars of support for Deep River and District Health.

"I started volunteering in the Gift Shop in 2022, and last year I began also volunteering with the Four Seasons Lodge. As my children grew up, I was always volunteering at their schools, church, and camps, and now as they have grown (and work at DRDH themselves), I found that volunteering here is a natural continuation of what I have always done. My biggest draw to volunteering with the residents in the Four Seasons Lodge is my family relationships with my long-living grandmothers. I have seen how aging has affected them over the years and how lonely it can be for them without family and friends to visit, so volunteering my time definitely feels impactful. I have also really enjoyed supporting the fundraising efforts at the annual golf tournament, curling bonspiel, and the 50/50 lottery that the DRDH Foundation runs. I thoroughly enjoy visiting and talking with the residents at the Four Seasons Lodges and would have to say that making crafts and cards is one of the most enjoyable activities as they too can find some joy and comfort!" - Lori



Lori is pictured here with her son and fellow volunteer Josh in the DRDH Gift Shop.

VOLUNTEER APPRECIATION WEEK



"I have volunteered at the Four Seasons Lodge for over 5 years now. Spending time at the Lodge is such a wonderful way to volunteer, whether you have one or a few hours to spare, it is great. The welcoming smiles and stories that these individuals have to share with you when you arrive are heartwarming. Conversing, especially about the good old days, and aiding with different activities, is something I enjoy most about volunteering. A highlight activity that is enjoyed, especially by the ladies, is the shopping day that myself and a few of the other volunteers put together a couple times of year. Articles of clothing and trinkets from the Whistle Stop that have been donated are brought to the residents so they have an opportunity to shop in the comfort of their home. The residents truly appreciate these pop up shops and you leave knowing you have made a difference in their day." - Marguerite

Marguerite is pictured here volunteering her time to assist the residents of the Four Seasons Lodge to plant their seedlings to start off our flower and vegetable gardens this year. In addition to these type of volunteer activities, Marguerite is also one of our go-to palliative care volunteers. As a Nurse by background, Marguerite has completed specific palliative care education and offers compassionate support to individuals in times of need.

As we wrapped up Volunteer Appreciation Week, we held a gathering in the Four Seasons Lodge on April 18 to enjoy some cake and coffee together, while extending a huge thank you to all of our dedicated volunteers. Each and every one of you make a positive impact on our patients, residents, team, and community!

If you are interested in helping us grow our Volunteer Program here at Deep River and District Health, or if you would like further information, click [here](#) to check out our website.



- THANK YOU -

ALGONQUIN COLLEGE JOB FAIR



On April 9, 2024, Rebekah—Human Resources Generalist and Kelly—Clinical Scholar headed to Algonquin College to represent DRDH at their annual job fair.

The job fair was a great opportunity to connect with job seekers and share information about all the great opportunities we have at DRDH now, and those we will have in the future.

Thanks to everyone who stopped by our booth to say hello!



HOSPITAL NEWS New Point of Care Ultrasound Machine

Earlier this month, our new Sonosite PX ultrasound system arrived onsite! This new point-of-care ultrasound system will provide advanced image clarity to support our clinicians with diagnostic and procedural applications. It's chic design has an adjustable work surface for enhanced ergonomics and a streamlined interface to improve workflow efficiency.

This new piece of equipment will support various exam types for patients, including: cardiac, abdomen, early obstetrics, lung, musculoskeletal, and more.

Pictured here taking the new machine for a spin and receiving training on April 18 are Dr. Ben Amor and Dr. Sage.





DEEP RIVER &
DISTRICT HEALTH



GET
YOURS
TODAY



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

www.drdhstore.org

New items coming soon—check out the samples in the staff lounge!



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



CAST YOUR VOTE: POTENTIAL NEW GEAR FOR THE DRDH ESTORE

HELP US CHOOSE WHAT ITEMS TO ADD TO THE ESTORE

Samples have arrived of a few possible new items for the DRDH EStore – **full zip sweaters** and **scrubs!**

The samples are located on a hanging rack in the staff lounge. Pop by anytime to check them out, give them a feel, try them on, and **cast your vote!** There are ballots located on the coffee table where you can let us know which potential new item(s) you would be interested in purchasing through the DRDH EStore. Please note that the samples are 'undecorated' (don't have our logo embroidered on them) as they are just for reference, and the price points are approximate.

Thanks to all those who shared their ideas on what items they would like to see stocked in the store!





FAMILY HEALTH TEAM NEWS

National Immunization Awareness Week

NATIONAL IMMUNIZATION AWARENESS WEEK 2024

MYTH BUSTERS

Myth: Vaccines are not safe during pregnancy.

Fact: Some vaccines are not recommended during pregnancy. However, routine vaccines that are offered to pregnant people have been studied and shown to be safe. If you are pregnant, ask your healthcare professional about recommended vaccines.



April 22—30, 2024 was National Immunization Awareness Week, an annual event held in the last week of April to highlight and recognize the importance of immunization. The theme this year is **“Protect your future. Get immunized!”** to shed light on the importance of staying up to date on recommended vaccinations so that everyone can have the chance to live healthier lives protected against preventable diseases. We took the opportunity during National Immunization Awareness Week to bust some common myths related to immunizations:

NATIONAL IMMUNIZATION AWARENESS WEEK 2024

MYTH BUSTERS

Myth: Everyone around me is vaccinated, so I don't need to be vaccinated.

Fact: Vaccination extends beyond the individual. Vaccinated people protect those in our community who are too young to be fully vaccinated or who have medical conditions that put them at greater risk.



NATIONAL IMMUNIZATION AWARENESS WEEK 2024

MYTH BUSTERS

Myth: Vaccines are just for kids.

Fact: At any age, vaccination provides the longest-lasting, most effective protection against disease. Talk to your healthcare professional about recommended vaccines for your age group.



NATIONAL IMMUNIZATION AWARENESS WEEK 2024

MYTH BUSTERS

Myth: The influenza vaccine can cause serious side effects.

Fact: Serious side effects from the influenza vaccine (flu shot) are extremely rare. The vaccine is very safe and the best way to protect yourself against influenza.

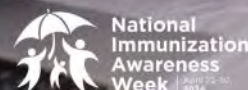


NATIONAL IMMUNIZATION AWARENESS WEEK 2024

MYTH BUSTERS

Myth: It's better to get influenza than to get vaccinated.

Fact: False. Influenza can lead to serious complications such as pneumonia and hospitalization. It can be especially serious for higher-risk groups such as pregnant persons and children. Getting immunized is the best way to protect yourself against influenza.



+ GRAB AND GO SELF-CARE TIPS FOR BUSY PEOPLE

AN ARTICLE BY LIFESPEAK



Below are 10 “grab and go” self care tips for busy people. Give them a try!

1. Acknowledge 3 things that you're grateful for as you wait in line for your morning coffee.
2. Prepare a larger nutritious meal for dinner and have leftovers for lunch the day after.
3. Fill a 2L bottle of water and sip it throughout the day.
4. Take a walking meeting and get those steps in.
5. As you wrap up your workday, shut your laptop and take 3 deep breaths.
6. Set a daily time limit on your social media apps to prevent overuse.
7. Make time to connect with a friend or family member.
8. Prioritize a consistent sleep schedule.
9. Be kind to yourself when things aren't going your way.
10. Set boundaries and say 'no' in order to protect your time and energy.

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

LifeSpeak Campaign Caring for You, Your Loved Ones, and Everything in Between

LifeSpeak, our digital wellness provider, shared the following campaign for April 1-26, 2024: Caring for You, Your Loved Ones, and Everything in Between. Each part contains a few short videos (i.e. less than 10 minutes each) and articles to choose from. Click [here](#) to access the campaign page links.

ADVANTAGE LONG-TERM CARE CONFERENCE



From April 17—19, William, Ann, Jenny, and Janna represented our organization at the AdvantAge conference in Toronto.

The annual conference is a great opportunity for our team to network with other organizations across the province, expand their professional knowledge, and learn awesome things to implement back home at DRDH!

AdvantAge
Ontario
Advancing Senior Care



GRATEFUL PATIENT MESSAGE OF THANKS

Dear DRDH,

I am writing this email to provide feedback for my recent visit to the Emergency Department. I received OUTSTANDING care from the entire team at DRDH!

I sought care and was treated with great care by the entire inter-professional team.

I would like to give a big kudos to Gillian, Darla and Maggie. They all showed compassion and genuine care while triaging me. They were kind, professional, and skilled and I am grateful for the care that I received from them. In addition, Dr. Conway was wonderful! She was quick to assess, write orders, and arrange for transfer. Her assessment skills were on point and she was lovely to be treated by. I would also like to thank members of the IT team who were at the Registration desk and sought Registration clerks promptly, the Registration clerk who was compassionate and accommodating to my condition, and the two phlebotomists in the lab who were not only kind, but skilled. Please know that I am so appreciative of you all. In addition, I would like to thank Madison for offering my children a friendly face and stickers when they arrived to transfer me. Madison made a scary situation much less so for them.

What you do matters. How you do it matters more.

I am forever grateful. Thank you.

Kind regards,

A Grateful Patient



+ RESIDENTS' COUNCIL CORNER

The Residents' and Family Council had their most recent meeting on April 18, 2024. At the meeting, information was shared regarding the new Canada Dental Benefit Application that will be available to those who meet the eligibility criteria. The residents and family also discussed options for a special meal of the month in May to celebrate Mother's Day, and it was determined that a brunch or early lunch will be planned with some high tea style items, including fresh spring salads and fruits, home made pastries, finger sandwiches and deviled eggs. The residents also discussed upcoming activities for the month of May, and shared excitement from their last outing to Forest Cove Farm the day prior. The residents that attended the farm outing were keen to return in June, as it was shared that the baby alpacas will be born around this time. Additionally, it is hoped that the Lodge will be able to welcome back the Scouts again in May for another evening visit, as well as a new musical group for a jam session.

As part of our review of the Resident Bill of Rights each month, right #24 was reviewed noting that, ***"Every resident has the right not to be restrained, except in the limited circumstances provided for under this Act, and subject to the requirements provided for under this Act"***.

Following the meeting residents were invited to celebrate with our volunteer group as it was National Volunteer Appreciation Week. The residents and volunteers socialized over coffee, tea, cake, and goodies to thank them for their continued dedication as volunteers to the Four Seasons Lodge.



Thank you to Board Member Doug Champ for brightening up the Four Seasons Lodge with beautiful daffodils from his garden.

The daffodils at the front of the organization are also looking surprisingly lovely after surviving a few frosts this month!



FOUR SEASONS LODGE NEWS

SEED STARTING, ALPACAS, AND MORE!



With a helping hand from volunteers Lee-An and Marguerite, our residents planted a number of seeds earlier this month for their vegetable and flower gardens.

High school co-op student Emma has been gaining first-hand experience in a variety of healthcare careers while she's been spending time in the Four Seasons Lodge this semester. Emma is pictured here together with resident Loraine.



Residents went for an outing to Forest Cove Farm on April 17 to see and feed the alpacas. Both Brenda and Janice are huge animal lovers, so they really enjoyed interacting with the alpacas, and were thrilled to hear there will be some baby alpacas to visit soon!

A huge thank you to Carefor, and volunteer driver Bill, for making this outing possible!



DONOR WALL EXPANSION

Thanks to grant support, the Foundation is renovating the lobby donor wall to enable us to continue sharing appreciation for donors. The Tree of Caring has helped us recognize roughly 400 donors for their lifetime support of DRDH through the Foundation. With the exceptional generosity of the community, this wall is brimming with donors and can't hold anymore names in several categories! A new installation with more space is necessary. The new design will incorporate four photos from our community.

Thank you to everyone who cast their vote this month and helped us select photos for the new donor wall. Also, a huge thank you to the local photographers who submitted their photos of our beautiful community!



CLOSER TO HOME SUPPORT

Special thanks to Alistair and Margaret, who recently directed a generous gift to the Closer To Home campaign at DRDH through their gift fund at the United Church of Canada Foundation. They were eager to support the project after learning about the importance of the new Four Seasons Lodge Long-Term Care Home and what it will do for the community.

With the help of people like Alistair and Margaret, the Closer To Home campaign has now reached **60%** completion; just shy of \$1,500,000 raised to date. Thank you for the support... we are truly grateful!



BMO SUPPORTS RUN FOR HOME



Thanks to BMO Bank of Montreal for sponsoring Run For Home 2024 with a \$1,000 donation!

BMO is our DJ & Music sponsor for the event. In the photo left to right is Carrie Milks (Personal Banker), Ross Meadows (Branch Manager - Deep River) and Nicole Popkie (Senior Relationship Manager)

Thanks to the Deep River Catholic Women's League for inviting us to their AGM to present on the new 96-bed Long-Term Care Home and the Closer To Home campaign. We are grateful for the opportunity to share, and for the donation they made to the campaign afterwards.

If you would like us to give a similar presentation to your organization, please get in touch with us at foundation@drdh.org.



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 [DRDHFUNDATION.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!



Your HOOPP pension is waiting – Learn how you can join today

We are proud to participate in the Healthcare of Ontario Pension Plan (HOOPP), offering our employees the security and peace of mind that comes with having access to a pension plan. We understand the importance of financial well-being and believe that a strong pension recognizes our employees, like you, and provides a stable foundation for your future as part of our overall compensation package.

What is HOOPP?

HOOPP is one of Canada's largest and most respected pension plans and has provided healthcare workers with a defined benefit pension since 1960.

What's in it for you?

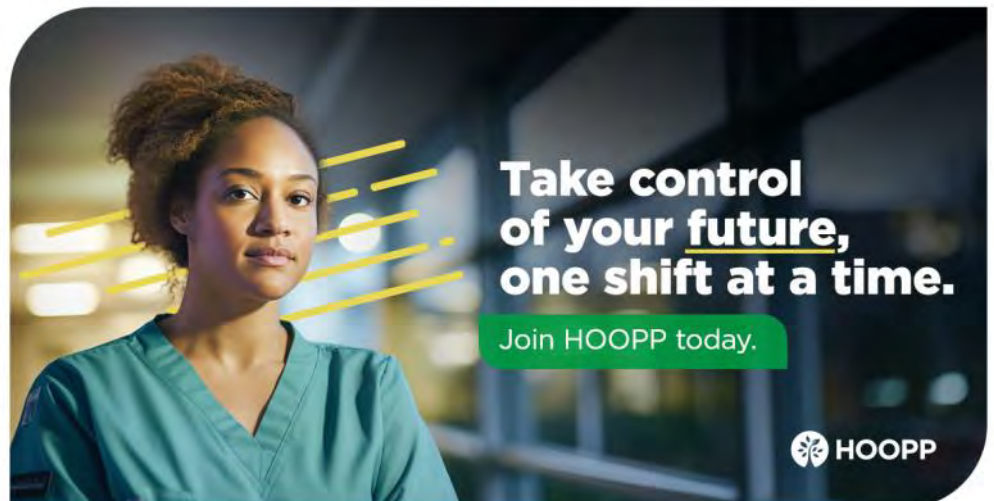
A HOOPP pension gives you the security and predictability that you deserve, and a retirement income you can count on for life. As a HOOPP member:

- **You'll get more than you put in.** Typically, the pension you receive in the long run will be much more than your total contributions. In fact, most members receive their contributions back in the form of pension payments within three to four years after retiring.
- **You can count on your pension for life.** A HOOPP pension is reliable because it's based on a formula, not stock market returns; your pension will be paid monthly for as long as you live.
- **You'll pay less taxes when you join.** Since your contributions are automatically deducted from each pay cheque, you don't pay any taxes on that portion of your salary.
- **You can save more efficiently and worry less.** When you join, you automatically contribute to the Plan each pay period. As your employer, we also contribute \$1.26 for every dollar you contribute. Since HOOPP's team of investment professionals work to keep your pension secure until you need it, you don't have to make investment decisions or stress about market fluctuations.
- **Your Plan benefits don't stop there.** With HOOPP, you have access to early retirement options, survivor benefits for your loved ones, inflation protection and more.

For more reasons why you should join, visit hoopp.com/joinHOOPP.

How can I join?

If you're a full-time employee, you're automatically a member. If you're an eligible part-time, contract or casual employee, you can join HOOPP at **any time** while you work with us. If you're ready to enrol or have any questions, just inform our Human Resources Department and we'll take care of the rest.



INVITATION TO PARTICIPATE IN INDIGENOUS HEALTH ENGAGEMENT SESSIONS

**THIS IS AN INVITATION FOR
INDIGENOUS, FIRST NATIONS, METIS,
AND INUIT PEOPLE WHO LIVE IN AND
ACCESS HEALTH CARE IN RENFREW,
PEMBROKE, PETAWAWA, AND DEEP
RIVER AREAS (OTTAWA VALLEY).**

TOPICS UP FOR DISCUSSION:

- EXPERIENCES WITH HEALTH CARE
- HEALTH CARE NEEDS
- CULTURAL SENSITIVITY
- INDIGENOUS HEALTH CIRCLE

LOCATIONS:

- 05/10-11/24- PEMBROKE EXPO
- 05/15/24- KILLALOE - LIONS CLUB
- 06/05/24- MADAWASKA - MADAWASKA COMMUNITY COMPLEX
- 06/19/24- EGANVILLE - EGANVILLE SENIORS CENTRE

All of these sessions except the Expo will be offered in a hybrid format.

**THE MEETINGS WILL TAKE
PLACE IN A CULTURALLY
SENSITIVE ENVIRONMENT.
SMUDGING WILL BE
AVAILABLE TO THOSE WHO
WISH TO PARTICIPATE. EACH
MEETING WILL RUN FROM
6:00 P.M. - 8:00 P.M.
LIGHT REFRESHMENTS WILL
BE PROVIDED**

**THE INDIGENOUS HEALTH CIRCLE IS AN EFFORT OF THE
OTTAWA VALLEY ONTARIO HEALTH TEAM'S INITIATIVE TO
BETTER INDIGENOUS HEALTH CARE AND EXPERIENCES IN
THE OTTAWA VALLEY. FOR MORE INFO CONTACT:**

IES.hs@pikwakanagan.ca



The Health Services Department of the Algonquins of Pikwakanagan First Nation is collaborating with the Ottawa Valley Ontario Health Team (OVOHT) to improve the health of Indigenous people in our region, with the aim to engage a wide range of Indigenous communities within and around the Ottawa Valley.

Kevin Lamarr, Indigenous Engagement Specialist, is organizing a series of information sessions. These sessions are designed to gather feedback and insights from Status and Non-Status First Nations people, Métis, and Inuit residents. An Indigenous Health Circle is being established to advise the OVOHT, and we value the input from our communities. All Indigenous people in the region are invited to participate and share their healthcare experiences and needs. The details of the sessions are as follows:

- May 10-11, 2024, at Pembroke Expo, Pembroke, Ontario
- May 15, 2024, at The Lions Club, Killaloe, Ontario
- June 5, 2024, at Madawaska Community Complex, Madawaska, Ontario
- June 19, 2024, at Eganville Seniors Center, Eganville, Ontario

Each session will run from 6 p.m. to 8 p.m. A comfortable environment and light refreshments will be provided. For more information or to confirm participation, please contact Kevin Lamarr at IES.hs@pikwakanagan.ca.

EXCLUSIVE OFFERS THROUGH ROGERS

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 April 22, 2024 for more information, including our custom company passcode to sign up for the Preferred Program.



REST IN PEACE

This month we were saddened to hear of the passing of Jeff Bishop. Jeff served as a Member of our Board of Directors for six years, three of which he served as Board Chair.

Our condolences go out to Jeff's family and loved ones during this time.



WSIB DAY OF MOURNING



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

The Canadian flag was flown at half-mast at DRDH in recognition of the Day of Mourning.

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.*