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MAY 2024



DRDH CELEBRATES NURSING WEEK

May 6 -12, 2024 was a week filled with celebrations in honour of Nursing Week. See pages 8—13 for the full story.



MOTHER'S DAY AT THE LODGE

Residents and their loved ones gathered to celebrate Mother's Day with a delicious brunch put on by our Dietary Team. See page 24 for the full story.

+ CEO'S CORNER

CONNECTING WITH OUR DRDH TEAM AND COMMUNITY



May has been an exceptionally busy month across all departments. From our emergency and medical teams handling an increased patient load, to our finance team working towards year-end and preparing for our annual audit, the dedication displayed by every member of our team has been extraordinary. We are all eagerly watching the growth of our new Primary Care Building, from below the ground up – reminding us of how we as an organization are growing and expanding in an exciting way.

Inside the organization, we continue to innovate and improve. As a result of the hard work of our IT team, we took another big step forward with integration of patient cardiac monitoring equipment into our Electronic Health Record, Epic. This huge step forward improves the flow of patient information, to both providers and patients, and furthers technological innovation at DRDH. These enhancements are not just about infrastructure or equipment; they reflect our core values of innovation and excellence, as well as our dedication to continuing to provide excellent, compassionate care to everyone who comes through our doors. Congratulations to both the IT and nursing teams on this achievement!

As we wrap up the month of May, I want to take a moment to reflect on a special recognition week we celebrated in May. Nursing Week was celebrated at our organization, and across Canada May 12-18, and was a time to honour the heart and soul of our healthcare system – our nursing team.

Nursing Week at DRDH was a lively celebration, filled with activities that highlighted the remarkable contributions of our Nurses. From the heartfelt thank-you notes to the amazing food, the week celebrated and recognized the passion and commitment of our entire nursing team. Thank you to all those who went above and beyond to ensure that we had a week of celebration, and a reason to pause and reflect on the impact our nursing colleagues make everyday.

I am continually amazed by the dedication of our nursing teams across the organization and your ability to provide excellent, compassionate care, often under challenging circumstances. Your tireless efforts not only heal and comfort those who need it, but also inspire the entire healthcare community. The positive impact you make is evident in the smiles of our patients, residents, and the gratitude expressed by their loved ones. Your work goes beyond physical healing; you provide emotional support, understanding, and a touch of humanity that is irreplaceable. Your resilience, compassion, and expertise are the bedrock of our care and services.

As a nurse and your CEO, I am incredibly proud to be part of such a noble profession. Nursing is more than a career; it is a calling. It requires a unique blend of knowledge, skill, and empathy, and I see these qualities in abundance within our team. As a fellow nurse, I am deeply proud to stand alongside you, knowing the profound difference we make every day. Together, we are not just caring for our patients and residents; we are shaping the future of healthcare.

Yours sincerely,

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

Happy
Nurses
week

MANDATORY EDUCATION

JUNE 2024

Please see the assigned education for the month of June on [Surge Learning](#). This is due to be completed by **June 26th, 2024**. Please contact Rebekah if you are having any issues accessing the education.

All Staff

- Resident Bill of Rights
- Patient Identification
- Complaints, Concerns & Compliments (Customer Service)
- Disconnecting From Work

Family Health Team

- Test Result Management

RN, RPN

- A+IV Pump
- Hospira 360 IV Pump
- Legacy CADD
- 3M Ranger Blood/Fluid Warming Unit Video

RPN, PSW

- Restorative Care – 4 Modules

RPN

- New Lodge Shift Report Tool
- Report Tool Sample

Clinical Staff, Dietary

- Safe Eating & Hydration

Housekeeping

- Best Practices for Environmental Cleaning Module 4c

IT, Maintenance

- Knife Safety Tips

Maintenance

- Machine Hazards



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



Certificate of Accreditation Hospital Pharmacy

This is to certify that

Deep River and District Hospital
Pharmacy Department 117 Banting DR, Deep River ON K0J 1P0
PHARMACY ACCREDITATION NUMBER: 305751

owned by

Deep River and District Health
OWNER NUMBER: 4009145

has complied with the provisions of the Drug and Pharmacies Regulation Act 1990
and the Regulations made thereunder as to the Accreditation of Pharmacies
in the province of Ontario.

CERTIFICATE EXPIRES:
May 9, 2025

Standak
Shenda Tanchak, Registrar and CEO

Our Pharmacy Team has successfully achieved annual accreditation—Congratulations! This accomplishment is a testament to the unwavering dedication, expertise, and commitment of our team to providing excellent care.

Our team’s hard work has not only met, but exceeded the rigorous standards required for accreditation with the Ontario College of Pharmacists, ensuring the safe and effective use of medications for our patients.

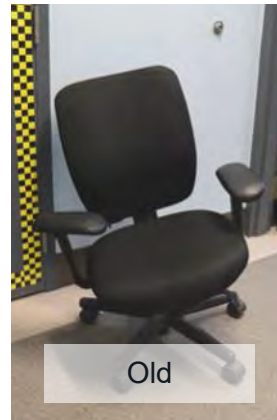
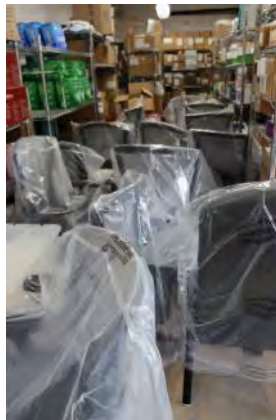
Thank you to our Pharmacy Team for your outstanding contributions and for continuously striving to uphold the highest standards in pharmacy practice.

NEW CHAIRS

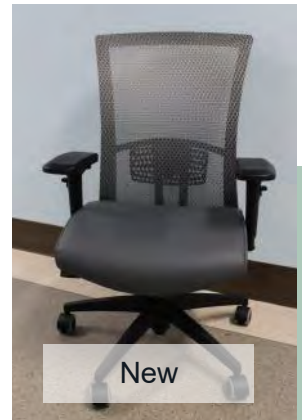
Chairs across our organization were majorly upgraded this month!

We were able to replace nearly all our office chairs, ensuring comfortable, ergonomic, and infection prevention and control (IPAC) friendly seats for our team members.

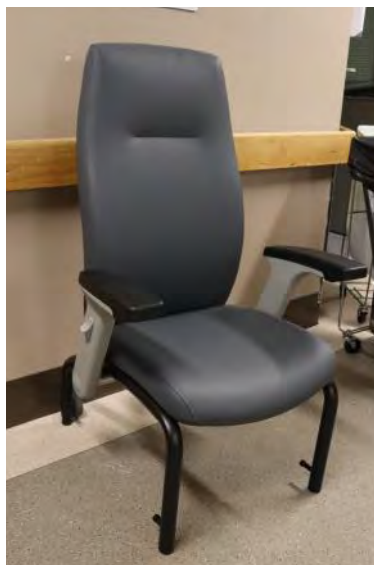
We were also able to upgrade the chairs on our Inpatient Medical Unit, improving experiences for patients and visitors alike.



Old



New



- OUT WITH THE OLD -
All of the fabric chairs pictured here were able to be repurposed by our team members!

PRIMARY CARE BUILDING PROGRESS



The team at Frecon continued to make significant progress this month on our new Primary Care Building. Work on the foundation is nearly complete, and up next will be other important infrastructure elements including sewer and other piping...stay tuned for more progress photos each month!



STAFF HAPPENINGS

NEW HIRES



Heather

- WELCOME -

This month we were pleased to welcome one new member to our team. **Heather** is a Registered Nurse and will be joining our team as a Charge Nurse. Please join us in extending a warm DRDH welcome to Heather!

We are also very pleased to be welcoming back Recreation Worker **Abbie**, as well as Registered Practical Nurses **Rachael**, and **Christine**!



BOARD HIGHLIGHTS

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



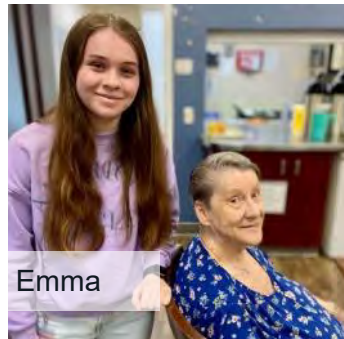
PLACEMENTS & CO-OPS

We are pleased to be hosting Registered Nurse Celene, who is a member of the Canadian Armed Forces completing a rotation with us here at DRDH. Celene was also a member of our nursing team previously, so we are happy to have her return!

We are also pleased to still have high school co-op students Maude, Ryan and Emma with us for the coming weeks before they wrap up their semester.



Celene



Emma



Ryan



Maude



HAPPY PHYSICIANS' DAY



HAPPY NATIONAL
PHYSICIANS' DAY!

May 1st was National Physicians' Day! We are grateful to have incredible physicians across our organization who continuously provide excellent, compassionate care to our patients, residents, and their families. We cannot thank you enough for going above and beyond for our communities. Help us celebrate by saying thank you to all our physicians (including those not pictured here) for all that they do!

Thanks for contributing to the
"succ"-ess of our organization!



HAPPY NURSING WEEK

May 6 -12, 2024 was Nursing Week!

We have an incredibly dedicated and compassionate Nursing Team here at DRDH, and we took the opportunity during Nursing Week to recognize them and show our appreciation. With more than 80 highly skilled and caring individuals, our Nursing Team continues to make a significant impact on the health and well-being of our patients, residents, and community.

To all our Registered Practical Nurses, Personal Support Workers, Registered Nurses, and Nurse Practitioners, we want to express our deepest thanks for everything you do. Your dedication, expertise, and kindness make a real difference in the lives of those you care for, and we are truly grateful to have you here at DRDH.

Throughout the week, we celebrated with activities and treats to spread some love and gratitude to these amazing individuals who continue to provide an excellent, compassionate care experience, every time.

“As a Nurse, we have the opportunity to heal the mind, soul, heart and body of our patients, their family and ourselves. They may forget your name, but they will never forget how you made them feel.”

- Maya Angelou



Monday: It might be “corny” but you’re simply the best!



Although it might be “corny”, we started the week off by telling our team they are simply the best with popcorn and punch.

HAPPY NURSING WEEK

Tuesday: Nothing is “im-pasta-ble” with you on the team!



On Tuesday, we reminded our Nursing Team that nothing is “im-pasta-ble” with them on our team, and we enjoyed a pasta bar for lunch.

Wednesday: Thanks a “latte” for all you do!



On Wednesday, a DRDH Brew House Café popped up to say thanks a "latte" to all our Nursing team members. Shout-out to Amber for adding the perfect touch to the pop-up café with a custom DRDH Brew House apron designed with our logo <3

HAPPY NURSING WEEK



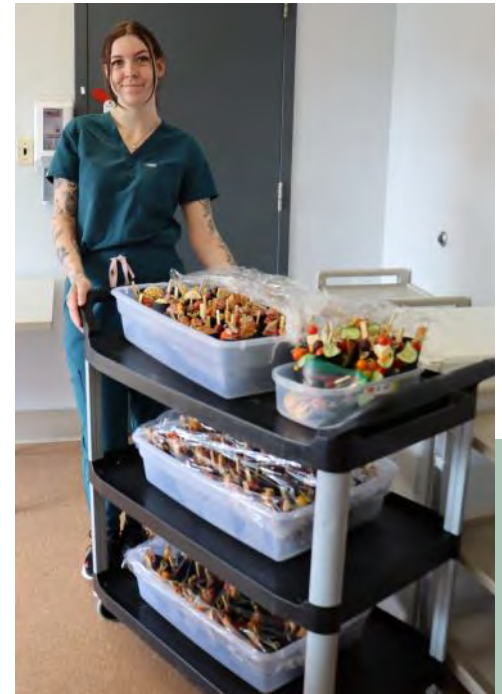
In case anyone was wondering, yes—our baristas did misspell everyone’s name just to ensure it felt like a true Starbucks coffee shop experience!

For anyone who’s asked about my biscotti (*hi, it’s Amy here*), I have linked the recipes I used below. Click on each type to access the recipes:

- [Cinnamon Vanilla Biscotti](#)
- [Chocolate Toffee Biscotti](#)
- [Classic Almond Biscotti](#)
- [Lemon Cranberry Biscotti](#)

HAPPY NURSING WEEK

Thursday: You are always doing a “gouda” job!



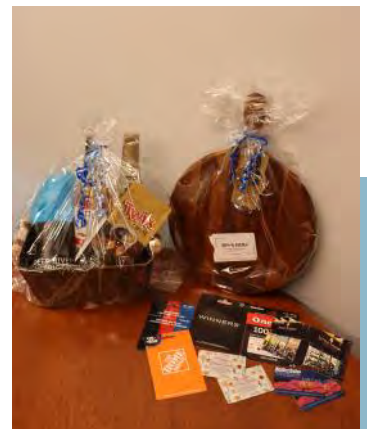
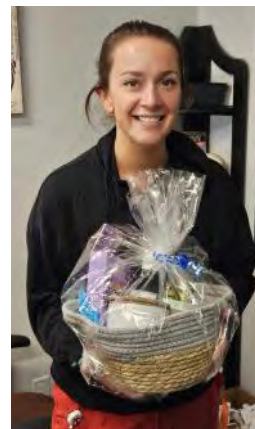
On Thursday, we raised a toast to how “gouda” job our Nursing Team does with delicious charcuterie cups from [J&J Catering](#) (our Dietary Team Member Jess’s catering business!).

Friday: It’s such a “treat” to work with you!



We finished the week off on Friday with a candy bar to say what a “treat” it is to work with all the members of our team.

Prize Winners!



Congratulations to draw winners Brandy, Corina, Alesia, Erin, Megan, Kim, Brynda, Gillian, Bonnie, Margaret, Anna, Megan, Brad, Rachel, Morgan, and Alyssa!

Congratulations to Nursing Week Bingo Card winners Selena and Taylor!

HAPPY NURSING WEEK

Thank you Cahoon's Pharmasave!

Cahoon's Pharmacy once again delighted all the Nursing Team members at DRDH with thoughtful self-care gifts and treats for National Nursing Week this year! We extend our heartfelt gratitude to Philip, Jolan, everyone at Cahoon's for their continuous support and for making our Nursing Week celebrations at DRDH even more meaningful.



Notes of Gratitude

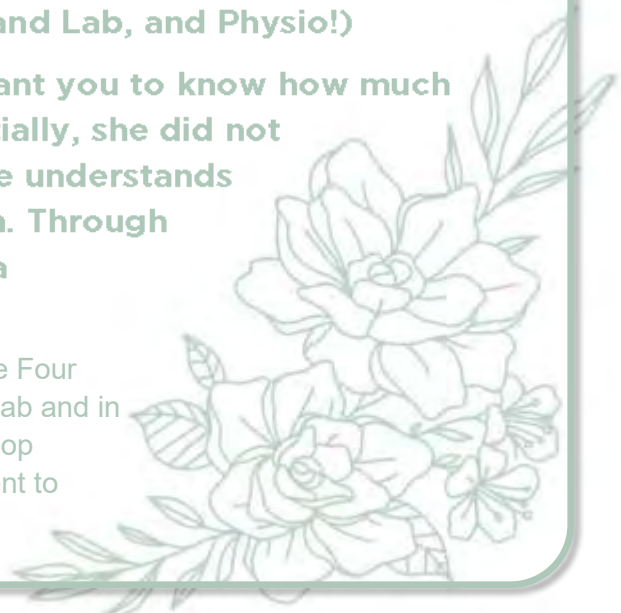
Included here are just a few of the "Notes of Gratitude" shared across our team during Nursing Week:

Below is a note from one of our local high schools about a previous student's co-op placement experience with us:

Sending a Note of Gratitude to: Our Nursing Team (and Lab, and Physio!)

"Thanks so much for giving her this opportunity. I want you to know how much her attitude changed toward nursing the elderly. Initially, she did not want to, but after numerous discussions with her, she understands them better and won't hesitate to advocate for them. Through your placement, she is now certain she wants to be a Registered Nurse."

Throughout her placement, this student was able to spend time in the Four Seasons Lodge interacting with our residents as well as time in the Lab and in Physio. Thank you to everyone involved for making this student's co-op placement such a positive experience, and confirming her commitment to a career as a Nurse!



Sending a Note of Gratitude to: All of our Nursing Staff

"As a smaller department on the Medical Floor and Four Seasons Lodge, we often need the help and expertise of the Nursing staff to ensure we can our job done. I learned very early on how resourceful, helping, and kind the Nursing Team is here at DRDH. I am so thankful for each and every one of you that has helped, encouraged, and celebrated myself, our patients, and other members of the PT team. Thank you so much for everything you do, day in and day out. You deserve to be recognized not just this week but every day of the year!

- Lynne (PT Department)

Sending a Note of Gratitude to: Eileen

"For being a shining example of person-centered care"

- Anonymous

Sending a Note of Gratitude to: Amber and Jenny

"Thank you for staying late and delivering snacks and the coffee cart to the night crew! It was greatly appreciated."

- The Night Crew

Sending a Note of Gratitude to: FHT Nursing Team

"I don't think it is said enough how much you are all valued. You keep the clinic running smoothly and the patients/staff appreciate everything you do for them. You make bonds that last a lifetime. You are team players, always working together to give the best health care experience. Thank you for all that you do."

- Michelle, Jill, Jacki, Bev, and Sarah-Lynn

HAPPY PHYSIOTHERAPY MONTH



We celebrated the invaluable contributions of our Physiotherapy Team this month for National Physiotherapy Month. From enhancing mobility to fostering independence, our team works tirelessly to improve the health and well-being of our patients and residents.

We want to recognize the dedication and compassion of our incredible Physiotherapy Team, including Juan Carlos – Physiotherapist, and Lynne - Physiotherapy Assistant. Their commitment to excellent, compassionate care uplifts our hospital inpatients and Four Seasons Lodge residents every day.

Thank you for your unwavering support and expertise, and Happy Physiotherapy Month!

WORKPLACE FALLS AWARENESS WEEK

Workplace Falls Awareness Week was recognized from May 6 – 10, 2024. Slips, trips and falls are some of the leading injuries that cause missed time each year for employees. On behalf of our Joint Health and Safety Committee, we are sharing some helpful tips to be remembered that can support the prevention of slips, trips and falls, which include:

- Ensuring your work space is free of hazards,
- Removing any obstacles that may be in the area of your work space,
- Wearing proper footwear,
- Reporting all concerns, incidents, injuries, near misses or violations.



Employers and employees both have required responsibilities and it is key to ensure that we work safely at all times following Occupational Health and Safety Regulations.

Interested in learning more about preventing slips, trips and falls in the workplace, [click here](#) to visit the Ministry's website.

DRDH WELCOMES MEDICAL RESIDENTS AND STUDENTS

This month DRDH was pleased to host two medical students from Queens University for a week as part of the Eastern Rural Medicine Education Program (ERMEP). We also look forward to hosting additional medical students from the University of Ottawa shortly.

Thank you to everyone who helped these students feel welcome and showed them how amazing our rural community and health campus are!

Pictured here is Dr. Sage along with Queens University Medical Student Dhruv, and Resident Dr. Wilkins.



LEADERSHIP DEVELOPMENT INSTITUTE



On May 28, 2024, leaders from across our organization got together for a Leadership Development Institute at the Chalk River Lion's Hall.



Sessions throughout the day focused on our "Employee Value Proposition" and using it to build and strengthen our teams at DRDH into the future.

EMERGENCY PREPAREDNESS WEEK

During Emergency Preparedness Week this year, DRDH partnered with the Town of Deep River to offer a chance for our community to win one of two 72-hour emergency kits.

DRDH also offered another chance to win a 72-hour kit that was exclusive to DRDH Team Members!

Thank you to everyone who completed the Emergency Preparedness Quiz for testing their knowledge and entering into the draw.



Congratulations to DRDH winner—Natalie, and community winners John and Mary!



Pictured here above representing Deep River and District Health is William Willard - Executive Vice President and Chief Financial Officer, representing the Town of Deep River is Christian Kaiser - Director of Growth and Sustainability, lucky winner John, and Doug Tennant - Deputy Fire Chief and Community Emergency Management Coordinator (CEMC).

Pictured to the left is lucky DRDH winner Natalie.



**Be Prepared.
Know Your Risks.**

EMERGENCY PREPAREDNESS WEEK



Thanks to everyone who participated in the “Can You Build A Kit?” game and entered into the draw to win a great first aid kit. Congratulations to winner Alesia!



We hope that Emergency Preparedness Week inspired you to take concrete actions to be better prepared to protect ourselves and our loved ones during emergencies. By taking a few simple steps, you can become better prepared to face a range of emergencies – anytime, anywhere. It is important to:

- **Know the risks** – Although the consequences of disasters can be similar, knowing the risks specific to our community and our region can help you better prepare.
- **Make a plan** – It will help you and your family know what to do.
- **Get an emergency kit** – During an emergency, we will all need some basic supplies. We may need to get by without power or tap water. Be prepared to be self-sufficient for at least 72 hours in an emergency.

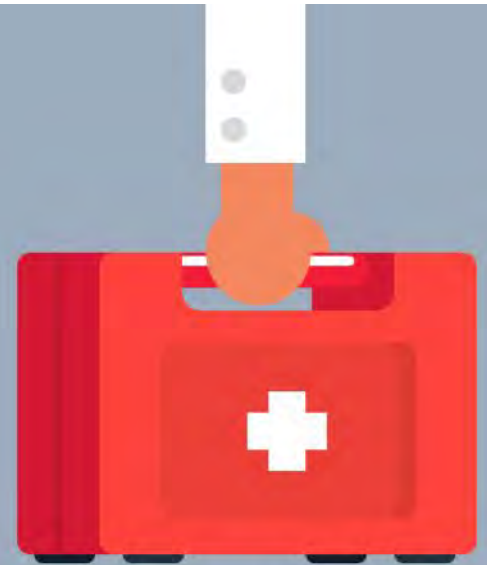
Check out some additional helpful tips on the next page.

EMERGENCY PREPAREDNESS TIP #1: MAINTAIN MEDICAL SUPPLIES

Regularly check and update your emergency supplies, including first aid kits, and sterilization supplies. Ensure they are stored in a cool, dry place and replace any expired items.

EMERGENCY PREPAREDNESS TIP #2: INCLUDE SPECIALIZED MEDICAL SUPPLIES

If you have specific medical needs such as catheters, or insulin syringes, ensure your emergency kit includes an ample supply of these items.



EMERGENCY PREPAREDNESS TIP #3: PREPARE FOR CHRONIC CONDITIONS

If you have medical conditions such as diabetes, asthma, or heart disease, ensure your emergency kit includes necessary supplies like glucose monitors, inhalers, or blood pressure monitors. Keep extra batteries or alternative power sources for medical devices.

EMERGENCY PREPAREDNESS TIP #4: CONSIDER PEDIATRIC NEEDS

If you have children, include pediatric-specific medications and supplies in your emergency kit, such as children's pain relievers, fever reducers, and oral rehydration solutions. Ensure the dosage instructions are appropriate for their age and weight.

EMERGENCY PREPAREDNESS TIP #5: PERSONALIZE YOUR KIT

Customize your emergency kit to meet the unique needs of your family members. Include items such as hearing aid batteries, eyeglasses, or mobility aids for individuals with disabilities or special requirements.

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!

Last year, we finished work on the new deck outside of the staff lounge, and now thanks to support from the DRDH Foundation, we are able to add furniture and ensure it is a welcoming space for our hardworking team.

This month we shared a survey to help us determine what type of outdoor furniture best suits our teams' preferences and will enhance their experience on the staff deck. Thank you to everyone who shared their input to help us create the perfect staff lounge deck for all our DRDH team members to enjoy!

Plans are also underway to add outdoor furniture to the Medical Unit deck for our patients, as well as to the Four Seasons Lodge courtyard for our residents. These improvements will be made possible thanks to support from the DRDH Foundation as well as a 50/50 draw that took place last summer.

We look forward to the new furniture arriving onsite in the coming weeks and getting all three outdoor areas ready to be enjoyed for years to come!





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- College disciplinary action
- \$200,000 in fines
- A civil lawsuit
- Up to a year in prison

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soon—thank you to
those who voted
on the samples!



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





TIPS FOR MANAGING LONELINESS

AN ARTICLE BY LIFESPEAK

ACKNOWLEDGE YOUR FEELINGS

Recognize and accept your feelings of loneliness without judgment. Some ways to acknowledge your feelings are to write them down, tell them to someone else, or say them out loud to yourself.

CONNECT WITH OTHERS

Reach out to friends, family, or acquaintances for social interaction. Do one small thing today where you reach out to someone such as sending a text, email, or calling someone just to say 'hi'. Or simply ask your local barista how their day is going!

VOLUNTEER OR HELP OTHERS

Contributing to your community can provide a sense of purpose and fulfillment while fostering social connections and reducing feelings of isolation. Try connecting with local organizations in need of volunteers or look online to see what opportunities are available in your area.

DEVELOP HOBBIES AND INTERESTS

Engaging in activities you genuinely enjoy can help you meet like-minded individuals and create opportunities for social interactions. Join a class or group related to your hobbies, even if it's online.

PRACTICE SELF-COMPASSION

Be kind to yourself. Ask yourself, what would I say to a friend who was feeling this way? Do one thing today that makes you feel good.

STAY CONNECTED VIRTUALLY

Use technology to stay connected with friends and family, especially if physical interactions are limited. Use video calls, social media, or online platforms to maintain meaningful relationships and engage in virtual social activities.

GET OUT AND BE AROUND PEOPLE

Go to your local grocery store, coffee shop, or browse in your favorite shops. Just being around people can serve the purpose of feeling more connected.

EXPLORE SOLITUDE

While loneliness is often unwanted, learning to enjoy and appreciate solitude can be empowering. Use alone time for self-reflection, personal growth, and self-care. Keep a journal, go for a walk, or take deep breaths.

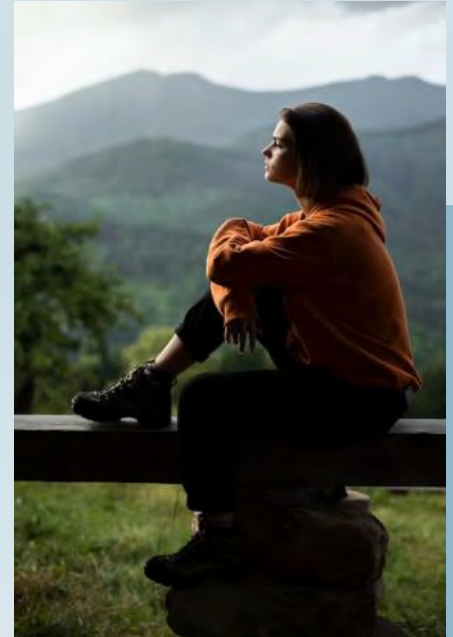
SET REALISTIC EXPECTATIONS

Adjust your expectations regarding social interactions. Quality matters more than quantity, and it's okay to have a small circle of close, supportive relationships.

SEEK PROFESSIONAL HELP

Consider seeking support from a therapist or counselor to address underlying issues contributing to your loneliness or social anxiety. Professional guidance can provide you with coping strategies and tools to connect with others or better manage feelings of isolation.

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



Introducing Our New Employee and Family Assistance Program (EFAP)

Beginning June 1, 2024, **Homewood Health** will be our new Employee and Family Assistance Program (EFAP) provider. Our EFAP is a professional, confidential, and proactive service to support you with a wide range of personal, family, and work-related concerns. Services available to all members of our team and dependent family members include counselling for any challenge, parenting support, financial coaching, legal advisory services, nutritional coaching, smoking cessation, career planning, internet based Cognitive Behavioural Therapy (iCBT), and much more.

A virtual information session is scheduled on Wednesday, June 5, 2024 from 2:00 - 2:30 pm with Homewood Health. A link to join the session will be shared and everyone is welcome to attend to ask questions and learn more about our new EFAP services. Stay tuned for more information as we get closer to our June 1, 2024 effective date.



Homewood Health

+ RESIDENTS' COUNCIL CORNER



The Residents' and Family Council met on May 16, 2024, and kicked-off the meeting with a welcome back to Abbie, Recreation Worker and Resident and Family Council Support Person. The Council discussed past items which included the planning for our upcoming person-centered care education video. The residents decided that the video will focus primarily on communication techniques. Furthermore, the Council also discussed the upcoming menu changes shared by Ann. Ann noted that the menu will have more seasonal items including cold plates, fresh fruits, scones, and BBQ meals, as recommended by the residents. The new menu will be rolled out in early June.

The Council also discussed new items including a recent visit by a Ministry of Long-Term Care Inspector, as well as updates to accommodation costs shared from the Ministry.

The Council also discussed new patio furniture for the courtyard. It was shared that thanks to a donation from the DRDH Foundation, we are able to upgrade and replace some of our current outdoor furniture. Jenny, Director of Care, shared samples with those in attendance to vote on which pieces they felt would be best in terms of style, comfort, and practicality. The residents and family provided their feedback on the options presented, and also suggested umbrellas be considered for some extra shade in the courtyard.

Furthermore, the Council chatted about planning for a special meal of the month for June to celebrate Father's Day. It was decided that an outdoor fish fry will be hosted this year, with home-made fresh cut fries and pickerel.

The Council also discussed activities for the month of June, including planning for an outing to the alpaca farm, a garden tour, as well as the introduction of a new drumming exercise workout. It also shared that the DRDH Foundation's *Run for Home* event is coming up on June 22, and residents would like to cheer on runners again this year!

As part of our review of the Resident Bill of Rights each month, right #25 was reviewed noting that, **"Every resident has the right to be provided with care and services based on palliative care philosophy,"** as well as right #26, **"Every resident who is dying or who is very ill has the right to have family and friends present 24 hours per day."** The Council discussed the palliative care philosophy noting that the philosophy supports residents living their life as best as possible, ensuring that needs are met. Those in attendance expressed that these rights are met by the home, and that those providing care do a wonderful job with palliative care.



FOUR SEASONS LODGE NEWS

Cubs Visit and Mother's Day Brunch



On May 8, 2024 the Residents hosted the Deep River Cubs for a fun evening of spring crafts and flower planting. Thank you to the Cubs for another great visit!

On May 10, 2024, Residents and their loved ones gathered to celebrate Mother's Day with a delicious brunch put on by our Dietary Team. Thank you to everyone who joined us and made the day so special!



FOUR SEASONS LODGE NEWS

Musical Guests



Residents were treated to a lovely morning of music thanks to local community members Anne, Carol, Frances, and Hilary on May 14, 2024.

FOUR SEASONS LODGE NEWS

Recreation Calendar

Did you know that the Four Seasons Lodge recreation calendars are shared on our website each month?

Click on the image here to view the May calendar and make sure you don't miss out on all the exciting activities going on in the Lodge!

JUNE 2024							FOUR SEASONS LODGE							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
														PSW Led Activity (Bowling) 4:00 Trivia
2	Happy Birthday Elaine! 9:30 Horoscopes 10:30 Exercises (Physio) 11:30 Taste of Home (Bruschetta) 2:00 Bingo 4:00 Jigsaw Puzzles	4	5	6	7	8	9	10	11	12	13	14	15	16
10:30 Virtual Church 4:00 Church Group	10:30 Exercises (Physio) PSW Led Activity (Bingo)	10:30 Exercises (Physio) & Noodle Ball 11:00 Short Stories 2:00 Rhyming Game 3:00 Manicures Water Seedlings/Garden	11:30 North Renfrew Times Reading 4:00 Coloring 6:30 Therapeutic Music	10:00 Outing to the Alpaca Farm 4:00 Courtyard Walks 6:00 Card Games – Residents Choice 7:00 Therapeutic Music	9:30 Horoscopes 9:30 Tea and Coffee Social 10:30 Exercises (Physio) 11:30 Popsicle Stick Bird Feeders 2:00 Book Club (Short Stories)	10:30 Exercises (Physio) 3:00 Cocktails & Chats	10:00 Balloon Toss 11:00 Courtyard Visits 12:00 Hang-Mat 2:00 Name that Tune							
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Happy Father's Day! 10:30 Virtual Church 4:00 Church	9:30 Horoscopes 11:30 Taste of Home (Celery florets & cucumber cups) 12:00 Heads Up 2:00 Bingo 4:00 Jigsaw Puzzles	10:30 Exercises (Physio) PSW Led Activity (Cards) Water Seedlings/Garden	11:30 North Renfrew Times Reading 4:00 Coloring 6:30 Therapeutic Music	9:30 Horoscopes 9:30 Tea and Coffee Social 10:30 Exercises (Physio) 12:00 Trivia 2:00 PM Residents & Family Council	10:30 Exercises (Physio) 3:00 Cocktails & Chats	9:30 Rag Toss Run Far Home! 2:00 Strawberry Dipped Social! 3:00 Giant Connect Four								
10:30 Virtual Church 4:00 Church Group	9:30 Horoscopes 10:30 Exercises (Physio) 11:30 Group Crossword 2:00 Bingo 4:00 Jigsaw Puzzles	10:30 Exercises (Physio) & Drumming 11:30 Short Stories 2:00 Lady Bug/Bumble Bee Craft 3:00 Manicures	2:00 Manicures 3:30 Name 6 6:00 Courtyard Walks 7:00 Therapeutic Music	Happy Birthday Russell! 10:30 Exercises (Physio) PSW Led Activity (Sensory Boxes)	9:30 Horoscopes 10:00 Bean Bag Toss 11:00 Patio Time 3:00 Cocktails & Chats	PSW Led Activity (Bowling) 4:00 Trivia								
10:30 Virtual Church 4:00 Church Group														

Please remember to express your interests in Recreational Activities at Residents and Family Council or bring forward your fantastic ideas at any time.
** Friendly Masking Policy in place, our staff for further details. The Lodge encourages family to join/participate in programming with their loved one, when able. Face Time or Skype calls are also always available, please call to setup. **

MASKING UPDATE

Effective May 1, 2024 masks are now optional for employees, physicians, patients, and visitors in all areas of DRDH. Masks remain available at the entrances to the organization, and in clinical areas, for anyone that prefers to wear one.

Patients entering the organization with a fever, cough, or other respiratory symptoms should continue to wear a mask.

Please note that employees and visitors may be required to wear a mask when additional Infection Prevention and Control measures are in place, or based on point-of-care risk assessments (PCRA). For example, masking will be required during outbreaks, when caring for patients or residents placed on additional precautions, and for staff following working-self isolation guidelines.

The *Friendly Masking* approach remains in effect in the Four Seasons Lodge with no changes.

This masking update aligns with provincial directives for both acute care and long-term care, and is consistent with the practices of our regional partners.

If you have any questions about our updated masking requirements or point-of-care risk assessments, please do not hesitate to reach out to either Alana, IPAC & Occupational Health, or James, Interim Chief Nursing Executive.

Masks are only
required



if you
have a fever,
cough, or other
respiratory symptoms



DEEP RIVER &
DISTRICT HEALTH



FAMILY HEALTH TEAM NEWS

Prediabetes Information Class



Rebecca Poirier, RD

If your blood sugars are high, or if you have been told by your doctor that you have prediabetes, then attend this class to learn what you can do to reduce your risk of developing Type 2 Diabetes.

Our 90 minute session will cover the following:

- Risk factors for developing prediabetes and diabetes
- The best food choices, portions, and timing to keep your blood sugars and energy stable through the day
- What type and how much activity to include every week



DEEP RIVER & DISTRICT HEALTH

North Renfrew Family Health Team

PREDIABETES INFORMATION CLASS

Did you know that diet and lifestyle changes can reduce your risk of developing diabetes by up to 60%?

LEARN HOW TO SET GOALS FOR HEALTHIER LIVING!

Thursday, June 20, 2024

1:00 PM — 2:30 PM

In-Person at
Deep River and District Health
117 Banting Drive, Deep River

**OPEN TO ALL ADULTS
IN THE COMMUNITY**

To register, or for more information, please contact the North Renfrew Family Health Team at:

613-584-1037

This class is free, but space is limited!

DONOR WALL EXPANSION



We are excited to share progress on our new donor appreciation wall in the front lobby of Deep River and District Health! Thanks to grant funding, the DRDH Foundation is undertaking a significant renovation of our donor wall.

Over the past year, our community's overwhelming generosity had outgrown our previous donor recognition space (the "Tree of Caring"). This has led to many new donors not receiving the recognition they deserve. With the new design, we're doubling the size of our donor wall, ensuring ample space for current and future appreciation.

The new design will match our new DRDH brand and will incorporate photos that represent our community, submitted by local photographers, and voted on by 514 people. Donor appreciation levels and wall location will remain the same, and a new dedication section for in-Memory and in-Honour gifts of \$1,000+ will be added. Names and levels will be updated on a regular basis, starting with the Friend level, which is \$1,000 - \$4,999 in lifetime giving to the DRDH Foundation.

In the photos above, the wall is being prepped by our DRDH maintenance team with drywall repairs and a fresh coat of paint, as well as repairs to the floor. The vending machine and signage has been relocated. Stay tuned for the new design that will be installed over the coming two months.

RE/MAX PEMBROKE REALTY SUPPORTS RUN FOR HOME

Thank you RE/MAX Pembroke Realty Ltd. Brokerage for being our Run For Home 2024 T-Shirt Sponsor!

Realtors from the team will be onsite at Run For Home on June 22 and ready to give participants their shirts. T-Shirts are guaranteed for everyone who registered online prior to May 24.



K&T TRUCKING SUPPORTS RUN FOR HOME



You could win an Apple iPad (10th Gen) or Amazon Kindle Paperwhite at Run For Home 2024, thanks to our sponsor K&T Trucking! You just need to win our fundraiser pledge contest.

How do you win? First, complete your Run For Home 2024 registration. Next, go to our fundraiser page and create your fundraiser. The "winners" of the pledge competition will be those who raise the most money online through their digital page before June 21, 2024 at 11:59 pm. Offline fundraising is allowed but cheques and cash must be received by the Foundation office prior to the deadline.

We will have two categories of winners this year: Youth (under 18) and Adult (over 18). The winning Youth will get their pick between the iPad and Paperwhite. Then, the winning Adult gets whichever the Youth doesn't take.

OPG SUPPORTS RUN FOR HOME



Thanks to Ontario Power Generation (OPG) for sponsoring our Run For Home 2024 participant medals!

We are also excited to have volunteers from OPG at the finish line distributing our medals this year on June 22.

We appreciate the support from team members at the Des Joachims Generating Station (GS), the fourth-largest hydroelectric dam in Ontario!



- THANK YOU FOR THE SUPPORT -

RUN FOR HOME 2024 — REGISTER TODAY!

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

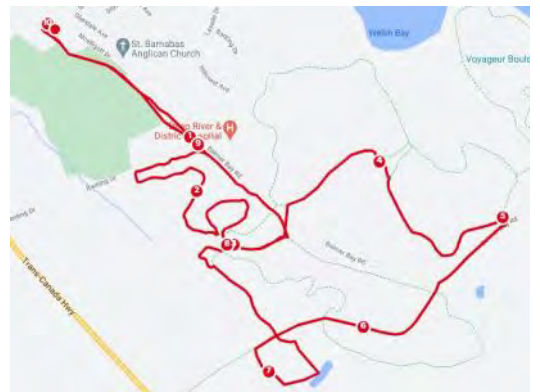
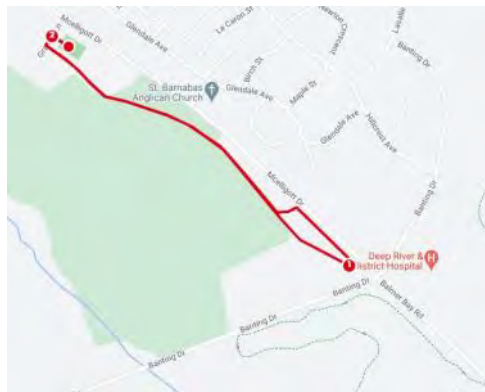
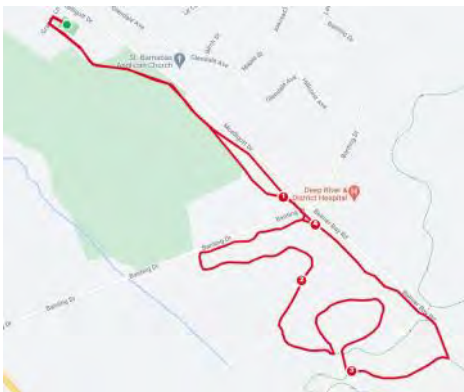
Run For Home 2024 Registration is still OPEN! We are extremely excited to host this event again on Saturday, June 22, 2024.

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.

Click [HERE](#) to register today!

Race maps are now published - the 2K, 5K, and 10K are almost entirely within beautiful forest trails. All race routes will be marked with signage and water stations will be placed at regular intervals. We hope to see you for a fantastic day on the trail!



SPLIT THE POT LOTTERY IS BACK!

58 participating Ontario hospitals have joined forces to bring you a GUARANTEED big win with Split the Pot Lottery.

The grand prize payout is guaranteed at \$500,000!

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

PLUS, there's \$100,000 in Early Rewards!

If you purchase early, you'll be entered into ALL 5 additional draws for 21 extra chances to WIN!



TICKETS ON SALE NOW!

A graphic showing four ticket purchase options in colored boxes. From left to right: a red box labeled "BEST VALUE" for "\$100 FOR 600 TICKETS"; a dark blue box for "\$75 FOR 200 TICKETS"; a dark blue box for "\$50 FOR 50 TICKETS"; and a dark blue box for "\$20 FOR 5 TICKETS". Below these boxes is a red button that says "GET TICKETS".

Price	Quantity
\$100	600
\$75	200
\$50	50
\$20	5

Everyone's a winner when you play Split the Pot!

Valued ticket buyers support the Deep River & District Health Foundation, and we appreciate your support through Split the Pot Lottery. With proceeds supporting Ontario hospitals, Split the Pot is improving patient experiences one player at a time.

When you buy your tickets by clicking on the image above, our Foundation will automatically receive all the net proceeds from your purchase.

You also have the option to support ALL 58 hospital partners. Go to splitthepot.ca and select "All Participating Hospitals" at checkout, and net proceeds from these ticket sales will be split among the participating hospitals.

Are you feeling both generous and lucky? Then play today!

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.