



## **+** TOP NEWS INSIDE

CEO's Corner	2
Call for Historical Photos	3
Community Needs Assessment Sessions	4-5
Long-Term Care Building Updates	6
Primary Care Building Updates	7
Monthly Education	9
Staff Happenings	11-12
Appreciation Weeks	14
Social Committee News	16-17
Breast Cancer Awareness	18-19
DRDH eStore	20
Residents' Council Corner	21
Four Seasons Lodge News	21-26
FHT News	27
Foundation News	28-29

# OCTOBER 2024



### **PINK DAY FOR BREAST CANCER AWARENESS MONTH**

Our team members proudly sported pink on October 8 to show our support for breast cancer awareness and the importance of early detection. *See pages 18-19 for more.*



### **HAPPY HALLOWEEN**

Halloween fun was in full swing at the Lodge on October 31, 2024. Our incredible team brought smiles, laughter, and spooky spirit to the home, dressing up in creative costumes and showcasing their artistic talents in the annual pumpkin carving contest. *See page 26 for more.*

# CEO'S CORNER

## CONNECTING WITH OUR DRDH TEAM AND COMMUNITY



As we close out October, I want to reflect on the spirit of Thanksgiving and gratitude for our exceptional team here at DRDH. This month brought a host of opportunities for us to come together, celebrate, and connect in positive, fun ways, and I was truly impressed by the energy and enthusiasm across our campus. These moments of engagement remind us of how amazing our team is, what a wonderful community we have in each other, and how fortunate we are to have such a committed and vibrant group of professionals.

Throughout October, we also celebrated several appreciation weeks, including Sonography Week, Food Service Week, and Infection Prevention and Control Week. It was wonderful to honour the contributions of these teams, who play such essential roles in patient care and support. From delivering diagnostic excellence to providing nourishing meals,

each of you is instrumental in making DRDH a welcoming and compassionate environment.

I am incredibly proud of how our team has represented us in the broader community this past month, from medical recruitment fairs, to community events and regional meetings. Each time we connect with others in these spaces, we not only demonstrate DRDH's commitment to our community but also share the incredible work happening here every day. This visibility is vital—it builds awareness of our impact and strengthens our reputation as a destination for exceptional care and fulfilling career opportunities.

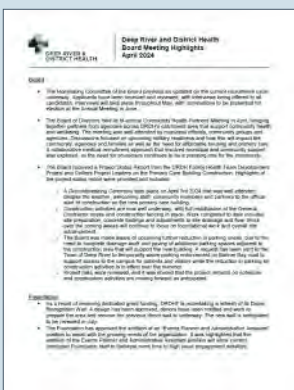
Thank you all for the dedication, passion, and positivity you bring to our organization. I am grateful for the many chances we have to come together as a team, and I look forward to continuing to grow and celebrate our shared mission.

With sincere appreciation,

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.



## DRDH INVITES COMMUNITY TO CONTRIBUTE HISTORICAL PHOTOS FOR 50TH ANNIVERSARY CELEBRATION



*Pictured here is a photo of the Deep River and District Hospital taken in August of 1994 by Vic Thompson, and a photo of members of our nursing team in 1981.*

As Deep River and District Health (DRDH) looks forward to a future of growth and innovation, we invite our community to join us in celebrating our rich history by contributing historical photos of our organization. This call for photos comes as we prepare to commemorate our 50th anniversary next year, as the Deep River and District Hospital first opened the doors at our current Banting Drive location in October 1975.

Our health campus is currently undergoing significant transformation, including the construction of our new 96-bed Four Seasons Lodge Long-Term Care Home and new Primary Care Building, recent implementation of a modernized digital health information system, and launch of our unified organizational name, to highlight a few projects. These advancements reflect our ongoing commitment to providing excellent, compassionate care to all those we serve.

In the midst of these exciting developments, we want to honour the history that has shaped our organization. To do this, we are creating a historical photo display that will showcase the many memories and milestones of DRDH over the past five decades. We are reaching out to our community to help us expand this collection by submitting any historical photos related to our organization.

Currently, our hallways feature approximately 15 historical photos, including images of the original Glendale Avenue medical clinic, the first hospital on the corner of Ridge and Montcalm streets, and snapshots of our dedicated team members at work in various departments throughout the years. We believe that these photos contribute to telling the story of our evolution and the generations of care we have provided.

If you or someone you know has photos that could be part of this special display, please consider sharing them with us. Your contributions will help us reflect on the legacy of DRDH as we continue to build a healthier future for our community.

### How to Submit Photos:

- Email: [assistance@drdh.org](mailto:assistance@drdh.org)
- Mail: 117 Banting Drive, Deep River, ON, K0J 1P0
- In-Person: Visit our main reception desk at Deep River and District Health

Please ensure that all submissions include relevant details such as the date and names of individuals depicted, if known.

For more information or assistance with submissions, please contact Amy at 613-584-3333 x 7117.

Please watch for further updates as we plan to celebrate the past 50 years of care and the exciting future ahead for Deep River and District Health!



## DRDH HOSTING COMMUNITY NEEDS ASSESSMENT SESSIONS TO HELP SHAPE FUTURE HEALTHCARE SERVICES

Deep River and District Health (DRDH) is inviting community members to participate in a comprehensive community needs assessment, designed to gather valuable feedback from residents to help shape the future of healthcare services in our area.

With two major capital projects underway at DRDH, the health campus will soon have new spaces available in the current 14-bed Four Seasons Lodge Long-Term Care Home and the North Renfrew Family Health Team building. This exciting transition brings an opportunity to repurpose these spaces to offer new services and programs or enhance those that are already active.

To make informed decisions on the best use of this opportunity, DRDH is hosting community input sessions as part of a broader information gathering effort to gain insights directly from the people we serve.

“Our community’s voice is essential to our planning process,” said Janna Hotson, President and CEO of DRDH. “By engaging directly with residents, patients, and families, we aim to ensure that our future services meet the needs and expectations of those who rely on us most.”

The community needs assessment will take place in November, coinciding with the Ottawa Valley Ontario Health Team’s (OVOHT) regional data collection efforts. Together, these findings will play a key role in shaping DRDH’s strategic direction over the coming years.

Three planned sessions will be held at the Deep River Library on November 18, 2024 from 6:30-8:30 PM, at the Chalk River Legion on November 19, 2024 from 6:30-8:30 PM, and finally a session co-hosted with the Petawawa Centennial Family Health Centre at the Petawawa Civic Centre on November 20, 2024 from 6:30-8:30 PM.

Each session will feature a brief presentation from a member of the DRDH executive leadership team, followed by a facilitated workshop to collect ideas, understand local healthcare gaps, and explore opportunities for the future.

Community members interested in participating can register in advance by [clicking here](#), emailing [assistance@drdh.org](mailto:assistance@drdh.org) or calling 613-584-3333 x 7100.



[Click here  
to register](#)

REQUEST FOR PARTICIPANTS  
**COMMUNITY NEEDS  
ASSESSMENT 2024**



DEEP RIVER &  
DISTRICT HEALTH

**WE WANT YOUR INPUT!**

Join Deep River & District Health in shaping the future of healthcare in our community.

- Live in-person workshop sessions with DRDH team members
- Share feedback to help plan for use of new spaces on our campus.
- Your voice matters—come share your thoughts and help guide our planning for the years ahead.

**HOW TO REGISTER**

Online: [drdh.org](http://drdh.org)

Email: [assistance@drdh.org](mailto:assistance@drdh.org)

Call: 613-584-3333 x7100

**SESSIONS**

**Deep River Library**

55 Ridge Road, Deep River  
Nov. 18, 2024 6:30-8:30 PM

**Chalk River Legion**

25 Legion Street, Chalk River  
Nov. 19, 2024 6:30-8:30 PM

**Petawawa Civic Centre**

16 Civic Centre Road, Petawawa  
Nov. 20, 2024 6:30-8:30 PM  
Co-Hosted By:





# LONG-TERM CARE BUILDING PROGRESS



October 4, 2024



October 11, 2024



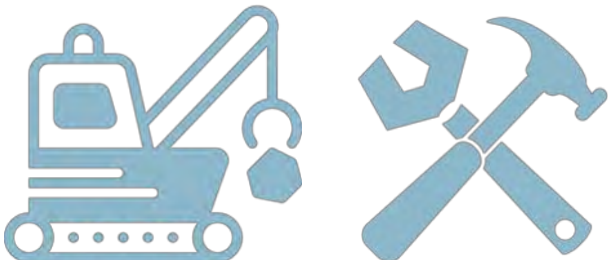
October 18, 2024



October 28, 2024

At the build site for our new Four Seasons Lodge Long-Term Care Home, rock-breaking work has continued as we address the extensive bedrock. At the same time, progress has been made on the home's foundation, with the goal of having a majority of work completed before the arrival of consistent freezing temperatures to support continued construction through the winter months.

Stay tuned for more updates as construction progresses!



October 29, 2024



# PRIMARY CARE BUILDING PROGRESS



October 4, 2024



October 11, 2024



October 18, 2024



October 28, 2024



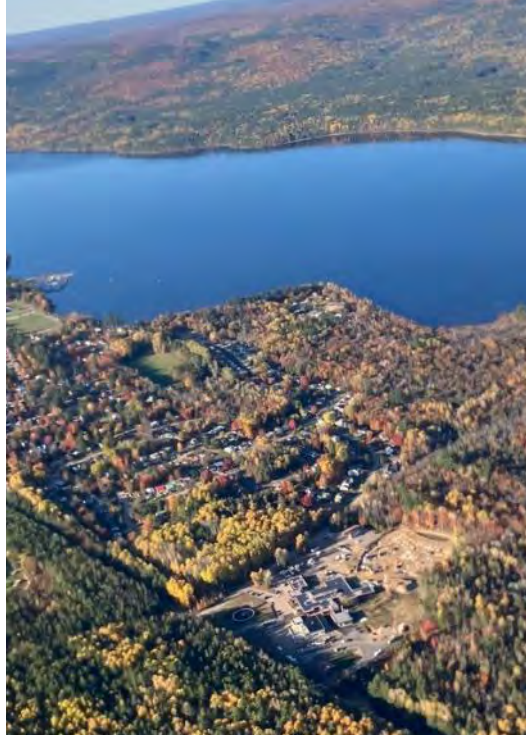
October 28, 2024

Construction continued to progress well on our new Primary Care Building this month. All of the windows have been installed and the building is now closed in to allow work to continue throughout the winter. Progress has also been made on the sidewalks around the building, and paving of the parking lot will continue in the coming weeks. Stay tuned for more updates as construction progresses!

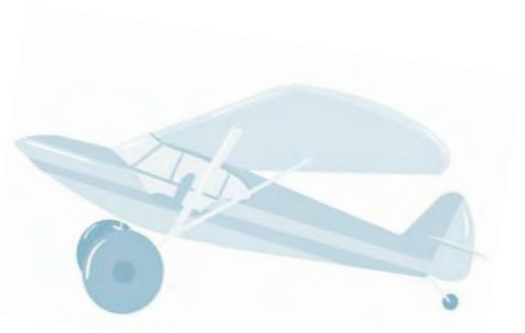




## DRDH FROM ABOVE



Our eyes in the sky shared more aerial photos with us this month. These photos highlight progress on our new Primary Care Building, our new Four Seasons Lodge Long-Term Care Home, and capture some stunning fall colours - Thanks Bill and Gary!

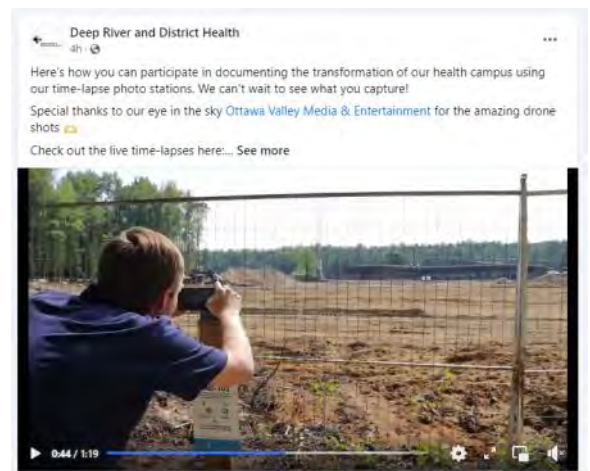
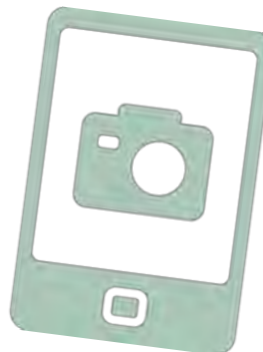


## TIME-LAPSE PHOTO STATIONS

Don't forget to participate in our time-lapse photo stations and help document the transformation of our health campus as construction progresses on our new Primary Care Building and our new Four Seasons Lodge Long-Term Care Home! Click on the image here to watch a short video on how to use the time-lapse stations:

By taking just a moment to participate, you'll be helping create a unique visual history of these important milestones.

We encourage everyone to join in and be part of this exciting project. We can't wait to see what you capture!



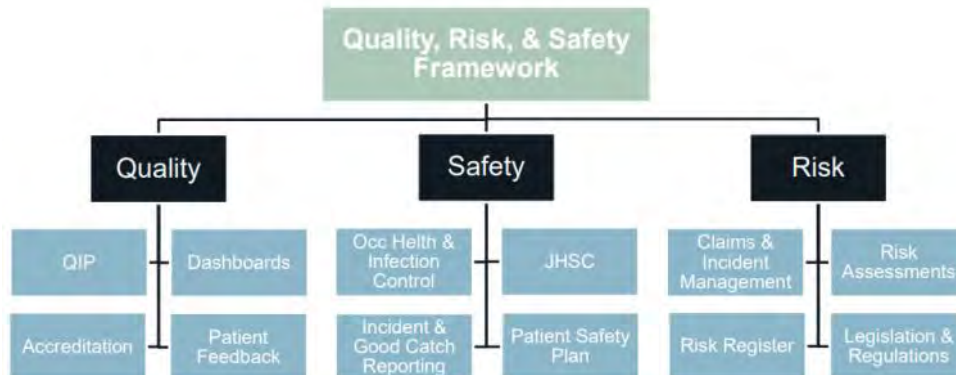
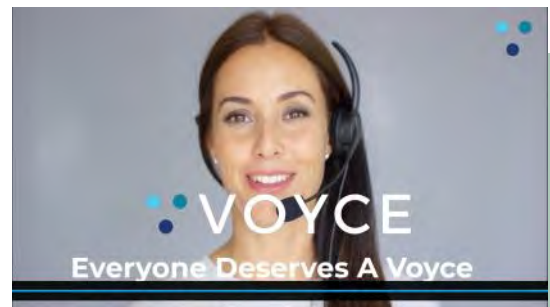
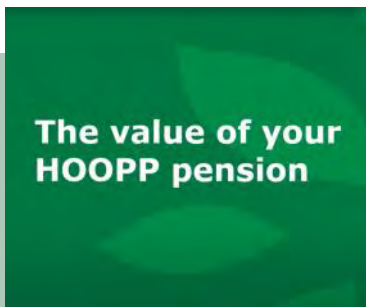


# MANDATORY EDUCATION

## NOVEMBER 2024

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

Topic	Target Staff
Amniotest	RN
Quality, Risk & Safety Framework	All
Code Brown	All
Business Continuity Policy Reviews	AOC, RN
Code Silver and Code Purple	All
Code Green	All
Code White	All
Best Practices for Environmental Cleaning: Bathroom Cleaning	Housekeeping
HOOPP Video	All
Workplace Violence - Staff Resource-Flagging Policy	All
Fall Prevention and Management Policy	RNs, RPNs, DI, PSWs, PT, Lab, FHT, Diabetes, OTN
Code Red Fire Safety Plan	All
Indigenous Cultural Competence (Part 3+4: Indigenous Cultural Safety in Health Care)	All
How to use the Voyce App	All



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

## FAMILY MEDICINE CAREER FAIR

Dr. Pete Ceponis and Amber represented DRDH at the University of Ottawa's Family Medicine Career Fair on October 25, 2024.

They were able to chat with residents about all of the current and future opportunities here in Deep River in primary, emergency, inpatient, and long-term care. A big thank you to Dr. Pete Ceponis for sharing a physician's perspective on practicing medicine in Deep River and all of the perks of living in the beautiful Ottawa Valley.



## HEALTHCARE COMMUNICATIONS CONFERENCE



Amy represented DRDH at the 2024 Healthcare Communications Conference on October 24 and 25, 2024.

The conference was a great opportunity to learn from leaders across the healthcare sector and connect with other organizations across the province. Amy is pictured here along with Carolyn from the Pembroke Regional Hospital.

## ASSOCIATION OF FAMILY HEALTH TEAMS OF ONTARIO CONFERENCE



Sarah-Lynn, Dr. Quenneville, and Dr. Armer represented the North Renfrew Family Health Team at the Association of Family Health Teams of Ontario (AFHTO) Conference on October 23 - 25, 2024. Pictured at the conference to the left is Megan Jamieson from the West Champlain FHT, Judy Hill from the Petawawa Centennial Family Health Centre, Lisa Hawkins - Primary Care Transformation Lead, Sarah-Lynn, and Paul Moreau - Board Chair of the Petawawa Centennial Family Health Centre. Pictured to the right is Sarah-Lynn, Dr. Quenneville, and Dr. Armer.



# STAFF HAPPENINGS

## NEW HIRES



Josh



Brea



Carley



Peggy



Deana



Cathy



Mackenzie



Erisen



Emily



Melani



Karley



Jessica

This month we are pleased to welcome 12 new and returning members to our DRDH team. **Josh** and **Brea** are joining our team as Dietary Aides, **Carley** and **Peggy** are Personal Support Workers, **Deana** is a Ward Clerk, **Cathy** is a Procurement & Accounts Receivable Clerk, **Mackenzie** is a Registration Clerk, **Erisen** is a Medical Radiation Technologist, **Emily** is an Executive Assistant, **Melani** is a Registered Nurse, and **Karley** and **Jessica** are Registered Practical Nurses.

Please join us in extending a warm DRDH welcome to all the new members of our team!



## WELCOME STUDENTS AND RESIDENTS



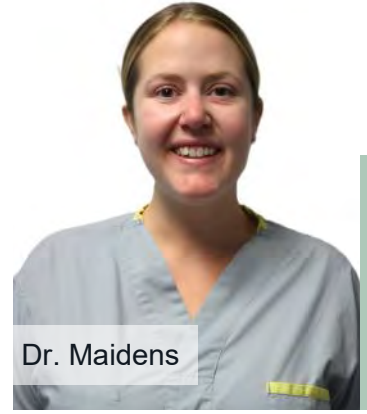
Shawna



Emma



Greg



Dr. Maidens

We are also pleased to welcome four more students and residents to learn with us this month. Shawna is an Indigenous Social Work student from Laurentian University, Emma and Greg are both medical students from Queen's University, and Dr. Maidens is a Resident doing a placement through the Pembroke Regional Hospital's Family Medicine Program. Please join us in extending a warm DRDH welcome to all our students and residents.

## INFLUENZA VACCINES FOR OUR TEAM

Influenza season is here and it's time to get your vaccine!

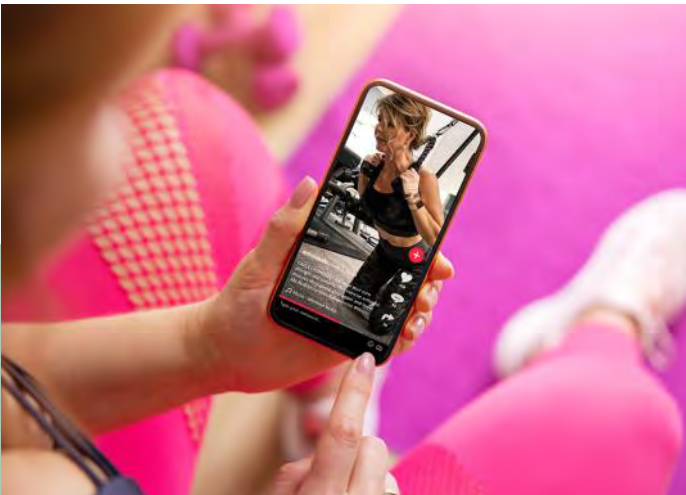
The IPAC buggy will be out and about with doses for our DRDH team members daily from 2:00—3:00 pm.

We will also be having vaccine clinics for any interested family/friends of staff on Thursday, November 14th from 6:00—8:00 pm and Sunday, November 17th from 10:00 am—12:00 pm at the North Renfrew Family Health Team.

Please do not hesitate to reach out to Alana with any questions or to set up an alternate time. If you have received your vaccine elsewhere, please let Alana know to ensure your health file is kept up to date.



## HOMWOOD HEALTH NEWS



Homewood Health™, our Employee and Family Assistance Program provider, has released their *Life Lines* article for November 2024:

**“Social Media Diet and Fitness: Separating the Hype from Healthy Habits”**

[Click here to view the full article](#)

[Click here to play the video](#)

[Click](#)



Homewood  
Health

Homewood  
Santé



## The Number of Ransomware Attacks Around the World Increased by 73%

The number of ransomware attacks around the world increased by 73% in 2023, according to a new report by the Institute for Security and Technology's Ransomware Task Force (RTF). These attacks opportunistically target orgs across all industries, but the hardest-hit sectors over the past two years have been construction, hospitals and health care, government, IT services and consulting, and financial services.

"Like last year, our data indicates that the construction and hospitals and healthcare sectors continue to be the top two sectors with the most incidents worldwide."

The RTF also observed a surge in ransomware groups using big-game hunting tactics. These attacks are targeted, sophisticated operations designed to cause maximum damage to high-value targets in order to extract a large ransom.

"As we enter the final three months of 2024, we anticipate an increase in 'big game hunting' tactics by ransomware groups—most notably CL0P—as cyber criminals adapt and create new ways to further extort ransomware victims," the researchers write.

### Phishing remains a top initial access vector for ransomware actors.

"Many ransomware groups still rely on traditional, relatively unsophisticated means such as phishing to execute an attack," the researchers write.

*Article adapted from CyberheistNews Vol 14 #41*

Please continue to exercise caution and be mindful of phishing attempts. Phishing attacks are deceptive attempts to trick you into revealing personal information or clicking harmful links, often disguised as legitimate emails or messages. To protect yourself and DRDH, always verify the sender's email address, avoid clicking unexpected links, and report any suspicious messages to our IT team.



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

Caring

Excellence

Safety

Innovation

Partnering

Integrity

Nominations open all year round!

## HAPPY SONOGRAPHY WEEK!



In recognition of Sonography Week, which took place from October 7—11 this year, we're shining a light on the incredible Diagnostic Medical Sonographers at DRDH!

These skilled professionals, including Nadine pictured here, use ultrasound technology to capture essential images that help in diagnosing and treating patients. Their anatomical expertise and keen observation combine with ultrasound technology to ensure that we provide the best possible care to our community.

Join us in showing appreciation for their incredible work—Happy Sonography Week and thank you for all that you do!

## HAPPY HEALTHCARE FOOD SERVICE WORKERS WEEK!



October 6—12, 2024 was Healthcare Food Service Workers Week! Our Dietary Team plays a vital role in caring for our patients, residents, and staff every day. From nutritious meals that support recovery and wellness to special treats that brighten someone's day, their dedication makes such a positive impact on our health and well-being.



We want to recognize all members of our Dietary Team, including Anne-Marie, Jess, Dave, Marian, Ian and Ann, pictured above, for everything they do. Thank you for creating delicious experiences for our patients and residents, and keeping us all well-nourished!



# INFECTION PREVENTION AND CONTROL WEEK



October 14-18, 2024 was Infection Prevention and Control Week. We want to give a huge shout out to our incredible Infection Prevention and Control Nurse, Alana, for her unwavering dedication to protecting the health and well-being of our team, patients, and residents every day.

Throughout the week, we took part in a number of fun and educational activities to raise awareness and reinforce best practices for infection prevention and control. We also enjoyed an all-staff lunch to “taco” ‘bout infection control! Congrats to our trivia champion Nicole and hand hygiene horse race winners Pierrette, Darlene, and Paige!

Thank you to everyone who participated and for your continued commitment to keeping our community safe and healthy!



TempFlow & Clinical Health															
Laboratory Performance Dashboard 2024Q3															
	Owner	Target	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Comments
Mandatory Monthly Education Completed	HFO	90%	90%	90%	90%	90%	90%	90%	90%	90%	90%	90%	90%	90%	
Team Meeting Update	MGR	8/1 Year	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
<b>Public File # &amp; Class - Patient to promote quality, patient-satisfaction and safety</b>															
Collection Volume - Emergencies	Lead	Number	2023	2425	2382	2256	2091	2197							
Collection Volume - Inpatient	Lead	Number	732	677	662	663	667	730							
Collection Volume - Outpatient	Lead	Number	1097	1196	1199	1248	1274	1111							
Collection Test Volume - Diagnostic	Lead	Number	168	167	146	145	123	105							
Collection Test Volume - STAT	Lead	Number	0	0	0	0	0	0							
Collection Test Volume - Urgent	Lead	Number	0	0	0	0	0	0							
Collection Test Volume - Other	Lead	Number	0	0	0	0	0	0							
Collection Test Volume - Total	Lead	Number	168	167	146	145	123	105							
Collection Test Volume - Total (Excl. STAT)	Lead	Number	168	167	146	145	123	105							
Collection Test Volume - Total (Excl. STAT & Urgent)	Lead	Number	168	167	146	145	123	105							
Collection Test Volume - Total (Excl. STAT, Urgent & Other)	Lead	Number	168	167	146	145	123	105							
Collection Test Volume - Total (Excl. STAT, Urgent, Other & Diagnostic)	Lead	Number	168	167	146	145	123	105							
Collection Test Volume - Total (Excl. STAT, Urgent, Other, Diagnostic & Emergencies)	Lead	Number	168	167	146	145	123	105							
Collection Test Volume - Total (Excl. STAT, Urgent, Other, Diagnostic, Emergencies & Inpatient)	Lead	Number	168	167	146	145	123	105							
Collection Test Volume - Total (Excl. STAT, Urgent, Other, Diagnostic, Emergencies, Inpatient & Outpatient)	Lead	Number	168	167	146	145	123	105							
Collection Test Volume - Total (Excl. STAT, Urgent, Other, Diagnostic, Emergencies, Inpatient, Outpatient & Ambulatory)	Lead	Number	168	167	146	145	123	105							
Collection Test Volume - Total (Excl. STAT, Urgent, Other, Diagnostic, Emergencies, Inpatient, Outpatient, Ambulatory & Transfusion)	Lead	Number	168	167	146	145	123	105							
Collection Test Volume - Total (Excl. STAT, Urgent, Other, Diagnostic, Emergencies, Inpatient, Outpatient, Ambulatory, Transfusion & Blood Bank)	Lead	Number	168	167	146	145	123	105							
Collection Test Volume - Total (Excl. STAT, Urgent, Other, Diagnostic, Emergencies, Inpatient, Outpatient, Ambulatory, Transfusion, Blood Bank & Lab Call Back)	Lead	Number	168	167	146	145	123	105							
Collection Test Volume - Total (Excl. STAT, Urgent, Other, Diagnostic, Emergencies, Inpatient, Outpatient, Ambulatory, Transfusion, Blood Bank, Lab Call Back & Patient Satisfaction Survey - Lab Satisfaction)	Lead	Number	168	167	146	145	123	105							
Collection Test Volume - Total (Excl. STAT, Urgent, Other, Diagnostic, Emergencies, Inpatient, Outpatient, Ambulatory, Transfusion, Blood Bank, Lab Call Back, Patient Satisfaction Survey - Lab Satisfaction & Patient Satisfaction Survey - ED/RA Survey)	Lead	Number	168	167	146	145	123	105							
Collection Test Volume - Total (Excl. STAT, Urgent, Other, Diagnostic, Emergencies, Inpatient, Outpatient, Ambulatory, Transfusion, Blood Bank, Lab Call Back, Patient Satisfaction Survey - Lab Satisfaction, Patient Satisfaction Survey - ED/RA Survey & Patient Satisfaction Survey - Care Meetings)	Lead	Number	168	167	146	145	123	105							
Collection Test Volume - Total (Excl. STAT, Urgent, Other, Diagnostic, Emergencies, Inpatient, Outpatient, Ambulatory, Transfusion, Blood Bank, Lab Call Back, Patient Satisfaction Survey - Lab Satisfaction, Patient Satisfaction Survey - ED/RA Survey, Patient Satisfaction Survey - Care Meetings & Point of Care Meetings)	Lead	Number	168	167	146	145	123	105							
Collection Test Volume - Total (Excl. STAT, Urgent, Other, Diagnostic, Emergencies, Inpatient, Outpatient, Ambulatory, Transfusion, Blood Bank, Lab Call Back, Patient Satisfaction Survey - Lab Satisfaction, Patient Satisfaction Survey - ED/RA Survey, Patient Satisfaction Survey - Care Meetings, Point of Care Meetings & Transfusion Medicine Meetings)	Lead	Number	168	167	146	145	123	105							
Collection Test Volume - Total (Excl. STAT, Urgent, Other, Diagnostic, Emergencies, Inpatient, Outpatient, Ambulatory, Transfusion, Blood Bank, Lab Call Back, Patient Satisfaction Survey - Lab Satisfaction, Patient Satisfaction Survey - ED/RA Survey, Patient Satisfaction Survey - Care Meetings, Point of Care Meetings, Transfusion Medicine Meetings & Lab Liaison Meetings)	Lead	Number	168	167	146	145	123	105							
Collection Test Volume - Total (Excl. STAT, Urgent, Other, Diagnostic, Emergencies, Inpatient, Outpatient, Ambulatory, Transfusion, Blood Bank, Lab Call Back, Patient Satisfaction Survey - Lab Satisfaction, Patient Satisfaction Survey - ED/RA Survey, Patient Satisfaction Survey - Care Meetings, Point of Care Meetings, Transfusion Medicine Meetings, Lab Liaison Meetings & Infection and Amenity - Exhibitor BRED as an Infection and Safe Place where everyone can receive care)	Lead	Number	168	167	146	145	123	105							
Collection Test Volume - Total (Excl. STAT, Urgent, Other, Diagnostic, Emergencies, Inpatient, Outpatient, Ambulatory, Transfusion, Blood Bank, Lab Call Back, Patient Satisfaction Survey - Lab Satisfaction, Patient Satisfaction Survey - ED/RA Survey, Patient Satisfaction Survey - Care Meetings, Point of Care Meetings, Transfusion Medicine Meetings, Lab Liaison Meetings, Infection and Amenity - Exhibitor BRED as an Infection and Safe Place where everyone can receive care & Efficacy Departmental Initiatives Incentive)	Lead	Number	168	167	146	145	123	105							
Collection Test Volume - Total (Excl. STAT, Urgent, Other, Diagnostic, Emergencies, Inpatient, Outpatient, Ambulatory, Transfusion, Blood Bank, Lab Call Back, Patient Satisfaction Survey - Lab Satisfaction, Patient Satisfaction Survey - ED/RA Survey, Patient Satisfaction Survey - Care Meetings, Point of Care Meetings, Transfusion Medicine Meetings, Lab Liaison Meetings, Infection and Amenity - Exhibitor BRED as an Infection and Safe Place where everyone can receive care, Efficacy Departmental Initiatives Incentive & Key Safety Initiatives)	Lead	Number	168	167	146	145	123	105							
Collection Test Volume - Total (Excl. STAT, Urgent, Other, Diagnostic, Emergencies, Inpatient, Outpatient, Ambulatory, Transfusion, Blood Bank, Lab Call Back, Patient Satisfaction Survey - Lab Satisfaction, Patient Satisfaction Survey - ED/RA Survey, Patient Satisfaction Survey - Care Meetings, Point of Care Meetings, Transfusion Medicine Meetings, Lab Liaison Meetings, Infection and Amenity - Exhibitor BRED as an Infection and Safe Place where everyone can receive care, Efficacy Departmental Initiatives Incentive, Key Safety Initiatives & Employee PMA as Standard)	Lead	Number	168	167	146	145	123	105							
Collection Test Volume - Total (Excl. STAT, Urgent, Other, Diagnostic, Emergencies, Inpatient, Outpatient, Ambulatory, Transfusion, Blood Bank, Lab Call Back, Patient Satisfaction Survey - Lab Satisfaction, Patient Satisfaction Survey - ED/RA Survey, Patient Satisfaction Survey - Care Meetings, Point of Care Meetings, Transfusion Medicine Meetings, Lab Liaison Meetings, Infection and Amenity - Exhibitor BRED as an Infection and Safe Place where everyone can receive care, Efficacy Departmental Initiatives Incentive, Key Safety Initiatives, Employee PMA as Standard & Hand Hygiene Audit - Lab Department)	Lead	Number	168	167	146	145	123	105							
Collection Test Volume - Total (Excl. STAT, Urgent, Other, Diagnostic, Emergencies, Inpatient, Outpatient, Ambulatory, Transfusion, Blood Bank, Lab Call Back, Patient Satisfaction Survey - Lab Satisfaction, Patient Satisfaction Survey - ED/RA Survey, Patient Satisfaction Survey - Care Meetings, Point of Care Meetings, Transfusion Medicine Meetings, Lab Liaison Meetings, Infection and Amenity - Exhibitor BRED as an Infection and Safe Place where everyone can receive care, Efficacy Departmental Initiatives Incentive, Key Safety Initiatives, Employee PMA as Standard, Hand Hygiene Audit - Lab Department & Patient to promote quality, patient-satisfaction and safety)	Lead	Number	168	167	146	145	123	105							

## DID YOU KNOW?

Did you know that we track our hand hygiene rates for each department across the organization, and post them on our Dashboards? Dashboards are posted publicly on bulletin boards throughout the organization, and can also be found on PolicyMedical.





# SOCIAL COMMITTEE NEWS



What a fantastic evening of creativity and fun! Our DRDH Social Committee hosted an amazing Paint Night on October 18, 2024, bringing together current team members, past team members, volunteers, friends, and family.

The event was filled with laughter, good times, and beautiful masterpieces—check them all out!

Thank you to everyone who joined us and made the night so special.





# Holiday Party

FRIDAY, DECEMBER 13, 2024

5:30 PM - 11:30 PM

THE CIVIC CENTRE  
16 CIVIC CENTRE RD. PETAWAWA

DJ | PHOTO BOOTH | PRIZES TO BE WON |  
DINNER CATERED BY ULLRICH'S |  
CASH BAR | TRANSPORTATION HOME AVAIL.

PLEASE RSVP BY DECEMBER 2, 2024  
KINDLY INDICATE ANY DIETARY RESTRICTIONS  
WITH YOUR RSVP.

ATTENDING THIS EVENT FOR ALL TEAM  
MEMBERS IS COMPLIMENTARY. GUESTS ARE  
WELCOME AT THE COST OF \$50.



DEEP RIVER &  
DISTRICT HEALTH

Mark your calendar's for this year's holiday party! Please RSVP to Amber and let her know if you'll be joining in. Payroll deduction for guest tickets is available. Should you have any questions, please feel free to reach out to the Social Committee.

You will notice there is a list posted now to provide feedback on what songs you would like to hear (*and those you don't want to hear*).





**OCTOBER IS  
BREAST  
CANCER  
AWARENESS  
MONTH**

Breast screening is an important part of maintaining your overall health and well-being, as regular mammograms help detect cancer early.

Early detection of breast cancer provides the greatest possibility of successful treatment.

**BOOK YOUR  
MAMMOGRAM TODAY**

The Deep River and District Hospital is a local site for the Ontario Breast Screening Program (OBSP).

Why choose OBSP?

- 👩 Reminder letter sent from OBSP for future appointments
- 👩 Report mailed directly to you and your family physician
- 👩 Best practice for breast screening
- 👩 OBSP provides large database for breast care research
- 👩 No physician referral required for those aged 40-75

**People aged 40-75:**

**Call 613-732-1463 and request your appointment locally in Deep River.**

*Physician referral only required for those 75+*



**DEEP RIVER &  
DISTRICT HEALTH**



## PINK DAY



Starting October 8 the Ontario Breast Screening Program (OBSP) is expanding to offer breast screening to eligible people starting at age **40!**

Our team members proudly sported pink on October 8 to show our support for breast cancer awareness and the importance of early detection.

We're excited that the Ontario Breast Screening Program (OBSP) is expanding to offer breast cancer screening for eligible people starting at age **40**. Early detection saves lives, and now more members of our community have access to this important screening. [Click here](#) to learn more about breast cancer screening for people ages 40-49, and help decide if screening is right for you.

People ages 40-75 can call 613-732-1463 and request an appointment here in Deep River. No physician referral is required!

ESTORE —15% OFF SALE!

# DRDH ESTORE SALE!



STORE WIDE

# 15% OFF

OCTOBER 15 - NOVEMBER 15

[www.drdhstore.org](http://www.drdhstore.org)

Great news! From **October 15 to November 15**, all items at our DRDH EStore are **15% off**. No code is necessary, the sale is automatically applied to all items. This is your chance to grab some awesome branded gear for less!

Check out our selection of DRDH t-shirts, toques, sweaters, drinkware, jackets and scrub tops. Whether you're looking for something to wear here at work or out and about, we've got something for everyone.

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

Shop now and take advantage of this limited-time discount: <https://drdhstore.org/>

Happy shopping!

*As a reminder – samples of each item are available to check out in the staff lounge. You can make your purchases directly through the EStore online, or through payroll deduction with the form available on PolicyMedical. The discount will be applied either way. Shipping is free for orders over \$65 placed directly through the EStore online, as well as for orders made through payroll deduction.*



## + RESIDENTS' COUNCIL CORNER



The Four Seasons Lodge Residents' and Family Council met on Thursday, October 17, 2024, for their monthly meeting. The Council reviewed the first draft of the resident-centered care video that our residents contributed to. The video will also be reviewed by those who were unable to attend the meeting or further input. Once finalized, the video will be shared as part of future education for our DRDH team members.

The Council also reviewed results of the annual Resident and Family Satisfaction Survey for 2024. A summary of results was provided, highlighting higher scoring categories including safety and security, privacy, and respect by staff. The lower scoring areas were also reviewed, which include personal relationships, staff-resident bonding, and activities. It was determined by the residents that the areas that received lower scores should be areas of focus for the Home as part of quality improvement planning. Additionally, daily decisions was identified as another area with room for improvement, based on feedback provided. Daily decisions will be further discussed to ensure there is more flexibility with schedules.

The Council also reviewed the Ministry of Long-Term Care Proactive Compliance Inspection Report, as well

as the action plan to address findings. There was a discussion about the structure of the Residents' and Family Council, as there were four findings related to the structure in the report. It was noted that there will be upcoming updates made to the Terms of Reference and membership for the Council, as well as communication to family members on establishing a separate family council.

The Council also reviewed activities for November including more fall inspired taste of home recipes and knitting/crocheting club, as well as their meal choice of the month—which residents decided would be take-out pizza!

As part of an ongoing review of the Residents' Bill of Rights, the resident's reviewed right #1, ***“Every resident has the right to be treated with courtesy and respect and in a way that fully recognizes the resident's inherent dignity, worth and individual, regardless of race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, gender expression, age, marital status, family status or disability.”***

## + FOUR SEASONS LODGE NEWS

### Singing Group



Thank you to the members of our volunteer singing group, who brought beautiful music into our home again this month!





# FOUR SEASONS LODGE NEWS

## Terry Fox Run and a Fish Fry



Some of our residents, volunteers, and team members were up bright and early to cheer on local students from Mackenzie Community School as they participated in the annual Terry Fox Run on September 27, 2024.



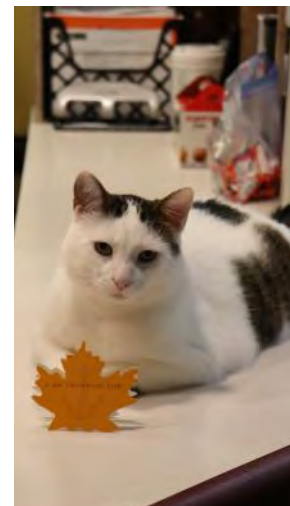
On the evening of September 27, our residents and families enjoyed another delicious fish fry outside on the patio. Special thanks to James, Ann, and everyone else who helped make the night one to remember!





# FOUR SEASONS LODGE NEWS

Happy Thanksgiving!



On October 4, the Lodge was filled with family and festive spirit for our early Thanksgiving Dinner. Residents and their loved ones enjoyed cherished time together and a delicious spread put on by our dietary team!





# FOUR SEASONS LODGE NEWS

## Trick-or-Treating



As part of the Halloween activities organized by our DRDH Social Committee, our team and their families were invited to the Lodge on October 27 for some trick-or-treating and fun!





# FOUR SEASONS LODGE NEWS

## Halloween Fun with the Cub Scouts!



Residents had another fun evening hanging out with the Cub Scouts on October 30, 2024. Together, they crafted Halloween tote bags that the Cubs could use for trick-or-treating on Halloween. Of course, they had to test them out and do some trick-or-treating around the Lodge to fill them up before heading home.

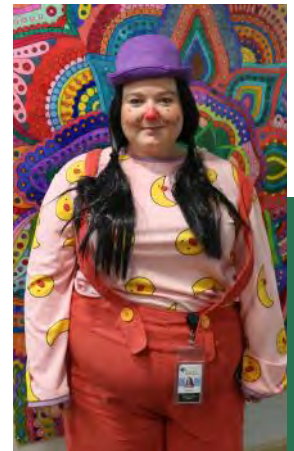




# FOUR SEASONS LODGE NEWS

Happy Halloween!

Halloween fun was in full swing at the Lodge on October 31, 2024. Our incredible team brought smiles, laughter, and spooky spirit to the home, dressing up in creative costumes and showcasing their artistic talents in the annual pumpkin carving contest. From clever costumes to carved masterpieces, it was a memorable day filled with joy for residents and team members alike. Thank you to our Social Committee for coordinating, and to everyone who joined in and made the holiday so special for everyone here. Happy Halloween!



Best Carved Pumpkin went to the Maintenance Department (shout out to Faye, our co-op student for the great work!)

Best Group Costumes:  
The Dinosaurs

Best Individual Costume:  
The Mummy

Most Spooky Costume:  
Hermione from Harry Potter



The winner of the 'Guess How Much Candy Jar' was Jill





# HALT THE SALT



Join Rebecca Poirier, Registered Dietitian, and Heather Perry, Registered Practical Nurse, to learn how to lower your blood pressure and reduce your risk of heart attack and stroke

Monday, November 18, 2024

10:00 AM — 11:30 AM

*Between 9:30 AM–10:00 AM, Heather will be available to check your blood pressure. This is optional for participants.*

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

**ADULTS WITH HYPERTENSION AND/OR THOSE WHO ARE INTERESTED IN LOWERING THEIR BLOOD PRESSURE SHOULD ATTEND**

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!*

This group education session will cover topics including:

- What is hypertension?
- How to check your own blood pressure
- What your numbers mean and what your target is
- Medications
- The DASH Diet
- How to lower your salt intake
- The impact lifestyle change can have on your blood pressure



**DEEP RIVER & DISTRICT HEALTH**

North Renfrew Family Health Team





## SENIORS ACTIVE LIVING FAIR



On October 3, 2024, DRDH had a booth set up at the Seniors Active Living Fair at the Deep River Legion. Representatives from the DRDH Foundation as well as the North Renfrew Family Health Team had a wonderful time connecting with many of our active seniors in the community.

The best part of the day was definitely watching the DRDH Auxiliary's Whistle Stop fashion show, where our own Community Engagement & Fundraising Coordinator, James Thompson, strutted his stuff as a model in the show! Special thanks to the Seniors Friendship Club for including us in this fantastic annual event.

## HEALTHCARE HEROES



**THANK YOU!**

**Emergency Department  
RN Alesia**

**HEALTHCARE  
HEROES**

Congratulations to Alesia who is our newest Healthcare Hero here at Deep River & District Health. This is what the nominator had to say:

*"Can't thank Alesia enough, she was selfless, caring, and compassionate when my loved one was in the Emergency Department."*

*Her patience and dedication to helping us feel comfortable during a scary situation is something we won't forget. Kindness and compassion go a long ways when you are uncertain, she is more than deserving, and we thank her for her hard work and the care she provides as a nurse in the Emergency Department."*

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





# Dip To Donate Polar Plunge

- **December 7 - 2024**
- **Centennial Rock - Deep River**
- **Registration is Free**

**For More Info  
or to Register Visit:**  
[www.drdhfoundation.com/dip-to-donate](http://www.drdhfoundation.com/dip-to-donate)





The Deep River & District Health Foundation is excited to announce a new annual event!  
Support your local community and raise funds for a great cause when you Dip to Donate and take the Polar Plunge  
**Saturday, December 7, 2024**

**Location: Centennial Rock, Deep River Waterfront**

Registration is Open at: [www.drdhfoundation.com/dip-to-donate](http://www.drdhfoundation.com/dip-to-donate)

Individual: Raise money and take the POLAR PLUNGE.

Teams: Nominate someone you would love to see plunge into the icy cold waters of the Ottawa River! Maybe it's your boss, or your little brother! Set your fundraising goal, and if it is met, your nominee must take the POLAR PLUNGE!



## TAKE OUR KIDS TO WORK DAY

*Take Our Kids to Work Day* is an important opportunity for us to spark an interest in the healthcare careers of tomorrow, and is a fantastic opportunity for Grade 9 students to experience a day in the working world. By opening our doors and sharing what we do here at DRDH, we can offer students a firsthand look at the wide variety of roles that make our organization thrive. Who knows—these students could be our future colleagues if we're lucky!

We've got a full day of fun and educational activities planned across multiple departments, giving students an exciting peek into healthcare careers.

If you know a Grade 9 student who's eager to attend, please reach out to Rebekah.

**TAKE OUR KIDS TO WORK DAY!**  
WEDNESDAY, NOVEMBER 6, 2024

- OPEN TO ANY GRADE 9 STUDENTS
- STUDENTS CAN SHADOW PARENTS OR A VOLUNTEER HOST
- FULL DAY OF FUN ACTIVITIES FOR STUDENTS TO EXPLORE A VARIETY OF CAREERS
- SPARK A LIFELONG PASSION FOR HEALTHCARE!
- SIGN UP BY NOVEMBER 1

DEEP RIVER & DISTRICT HEALTH

By participating in this event, you could be creating the moment that sparks a lifelong passion for healthcare!

## NORTHERN LIGHTS



Could it be any more beautiful here in Deep River!?

The Northern Lights put on a truly stellar show on October 10, 2024—it was out of this world.

*Borrowed photo.*



## CALL FOR CONTENT

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

*Deep River and District Health receives funding from Ontario Health.*

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