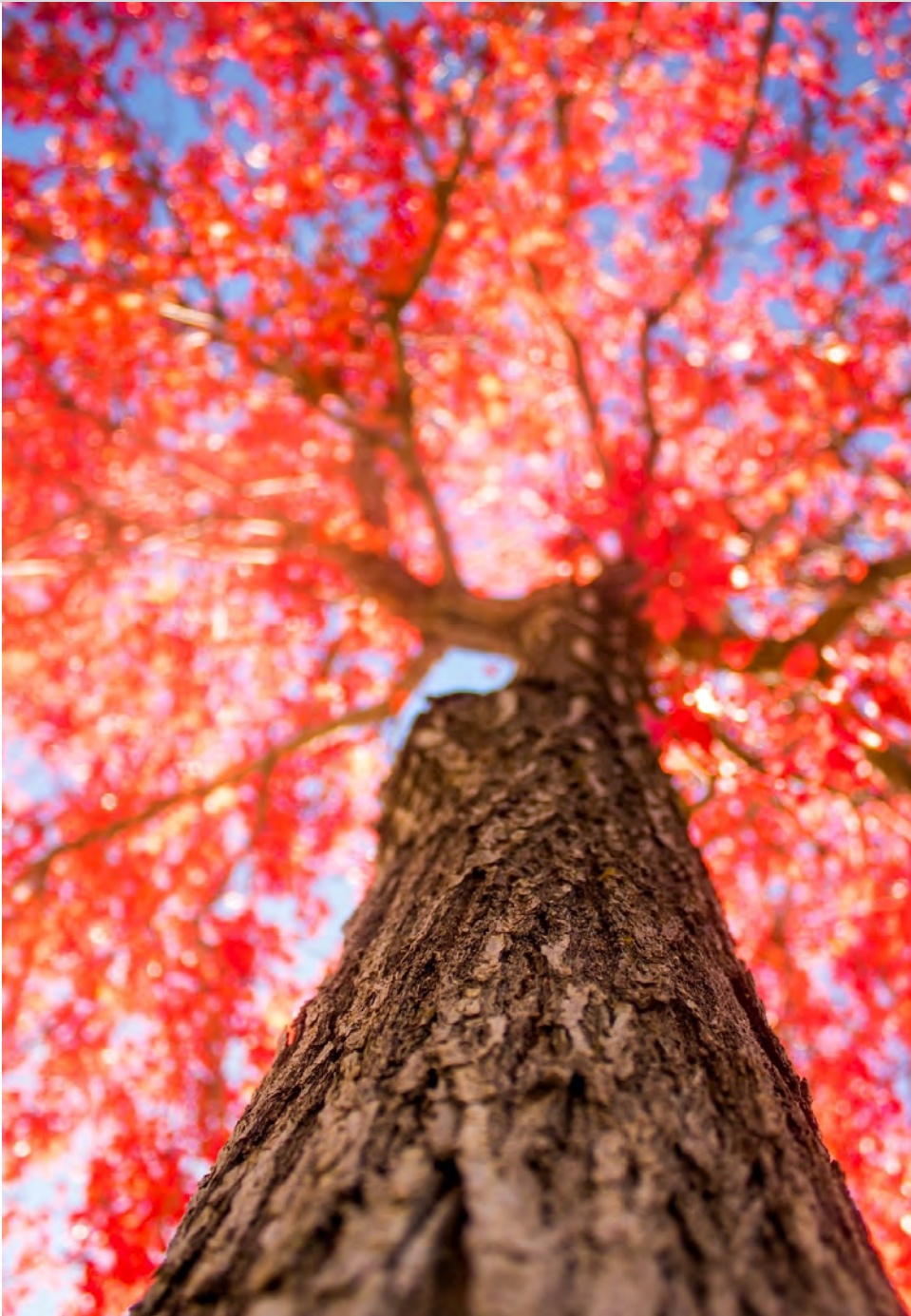


North Renfrew
Family Health Team

THE ZINGER

Newsletter for the Deep River and District Hospital
Four Seasons Lodge and North Renfrew Family Health Team

September 2021



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MANDATORY EDUCATION (now past-due)

Please see the assigned education for the month of September. This was due to be completed by September 30, 2021, so make sure to catch up if you have not yet completed it. If you have any issues kindly let Mary Goodchild know.

All Staff:

Code Brown

Indigenous Cultural Competence – Part 3

RN/RPN/PSW

Skin Care and Pressure Ulcers for Direct Care Staff

Minimization of Restraints

Housekeeping

Environmental Cleaning Best Practice Module 1 – Chain of Transmission

RN

Urinalysis Training – POCT

Managers/Supervisors & Charge Nurses

MOL 5 Steps to Health and Safety Awareness for Supervisors

Only required for those who have not completed it previously.



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Cultural Competence

- Part Three of Four -

**Indigenous Cultural Safety in Health Care
Key Terms, Historical Context**

A module for all staff



Mandatory Vaccination Policy For Hospital Visitors, Essential Caregivers / Care Partners Will Take Effect October 15th At All Renfrew County Hospitals

To help curb the spread of COVID-19 and ensure the safety of those requiring hospital care, hospitals in Renfrew County will be aligning with others in the Champlain region to implement a mandatory vaccination policy for hospital visitors, essential caregivers and/or care partners effective October 15th.

The policy has been developed in consultation with the Renfrew County and District Health Unit and does not apply to those long-term care homes affiliated with hospitals in the region.

“We recognize the difficulty this may pose for some individuals, however, given the transmission risk of the Delta variant in particular, it’s a step hospitals are taking in order to help ensure the safety of those in our care and in our buildings,” said Pembroke Regional Hospital President and CEO Pierre Noel, adding that hospitals in the Champlain region view this as alignment with Ontario’s new proof of vaccination program.

When the policy comes into effect, those who are not fully vaccinated will not be permitted to enter the hospitals unless they qualify under a limited number of exceptions. The public will be asked to visit the hospital websites to see if they qualify under outlined exceptions for a specific facility.

“Throughout the pandemic, we have worked with our regional partners to align many policies and practices. This approach has been successful in achieving our goals of maintaining the safety of our patients, families, staff and physicians as well as ensuring consistent messaging,” said Julia Boudreau, President and CEO of Renfrew Victoria Hospital and St. Francis Memorial Hospital. “We also recognize that many patients and families travel between the hospitals in our region. As such, we feel it is important that our visiting policies be as consistent as possible so when visitors arrive at any facility, they will know what to expect,” Ms. Boudreau said.

Continued on next page...



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The new policy for hospital visitors, essential caregivers and/or care partners also follows implementation of mandatory vaccination policies for hospital staff, physicians, volunteers and students.

“As health care workers continue to work incredibly hard to care for their communities, hospitals across the province are implementing measures such as mandatory visitor vaccination policies to protect our health care workforce and enhance the safety of all those who work in and visit hospitals,” said Janna Hotson, President and CEO of Deep River and District Hospital.

“Ensuring that mandatory vaccination requirements are in place for visitors, essential caregivers and/or care partners across the hospitals in Renfrew County reflects the efforts being taken by hospitals across Ontario to ensure our facilities remain safe environments for our healthcare workforce, and those we provide care for,” she said.

While the move to mandatory vaccination will now cover members of the health care team and those coming into hospitals in a visitor or caregiver/care partner capacity, **all hospitals want to reassure residents that, regardless of vaccination status, no one will be denied care or service.**

“Our focus is to do everything possible to provide a safe and healthy environment at Arnprior Regional Health (ARH),” said Eric Hanna, ARH President and CEO. “This new policy aligns with the provincial vaccination certificate program and builds on our mandatory COVID-19 vaccination policy for staff, physicians, students and volunteers that was put in place in early September. Together, these policies add another important layer of protection.”



RENFREW COUNTY COVID-19 VACCINE COMMUNICATIONS COMMITTEE

Our organization continues to participate on the Renfrew County and District COVID-19 Vaccine Communications Committee to share information with residents in our County about the vaccine roll-out in our area. In addition to regular media releases to keep everyone up to date, the Committee also shares information weekly through a “News Brief” as well as an infographic. Click on any of the images below to visit the Renfrew County and District Health Unit’s webpage for the most up to date versions of the News Brief and infographic (*scroll down to the accordion folder titled: COVID-19 vaccine news briefs, media releases, and infographics*):

Renfrew County and District (RCD) COVID-19 Vaccine Rollout at a Glance

Updated: September 29, 2021

Key Messages

- You must be fully vaccinated and provide proof of vaccination and personal identification to access certain indoor businesses and settings. For more details, visit <https://covid-19.ontario.ca/proof-covid-19-vaccination>.
- **Pop-up clinics are available for your COVID-19 vaccine doses.** To see the latest schedules, visit <https://www.rcdhu.com/novel-coronavirus-covid-19-vaccine-rollout/> or stay tuned to Renfrew County and District Health Unit's (RCDHU) social media. **You can also check with your primary care provider or a local participating pharmacy.**
- **To obtain proof of your COVID-19 vaccination(s), please visit the following link:** <https://covid19.ontariohealth.ca/>. Ensure you have your health card with you.

Local Snapshot

As of 8:00 a.m. September 27, 2021

Total doses administered to date*	151,069
Percentage of population (12+) with at least 1 dose**	86.2%
Percentage of population (12+) with 2 doses**	81%

Eligible people who can book COVID-19 vaccination appointments:

- ✔ Anyone **born in 2009 or earlier** (turning 12 years of age)

Local Snapshot

As of 8:00 a.m. September 27, 2021

Total doses administered to date*	151,069
Percentage of population (12+) with at least 1 dose**	86.2%
Percentage of population (12+) with 2 doses**	81%

COVID-19 VACCINE NEWS BRIEF

SEPTEMBER 22, 2021 | EDITION 24

Provincewide Proof of COVID-19 Vaccination Comes Into Effect

Effective September 22, 2021, as per O. Reg. 264/20: Rules for Areas at Step 3 and at the Roadmap to Exit Step, all Ontarians will need to be fully vaccinated (two doses plus 14 days) and provide their proof of vaccination (vaccine receipt) along with photo ID to access certain public settings and facilities.

Pop Up Clinic Update

- Pop up clinics will be open to all residents born in 2009 or earlier for first or second doses of the COVID-19 vaccine. No appointment necessary.
- Continue to monitor www.rcdhu.com and RCDHU's Facebook and Twitter for clinic announcements.

How do I show proof of COVID-19 vaccination?

For more information visit RCDHU's [Provincewide Proof of COVID-19 Vaccination Infographic](#).

It is important to be fully vaccinated as quickly as possible to protect yourself from COVID-19 and variants of concern.

PAGE 1 OF 3

COVID-19 VACCINE CLINICS AT THE FAMILY HEALTH TEAM



The North Renfrew Family Health Team hosted their first community COVID-19 vaccination clinics in September. The clinics have been for both rostered patients as well as eligible members of the public. It is planned that clinics will continue to be held bi-weekly on Thursday evenings to ensure local availability of the vaccine. The schedule of weekly clinics across Renfrew County can be found by [clicking here](#).

ELECTION DAY!

Representatives from Elections Canada were onsite on September 13 to set up mobile advanced polling stations for the federal election. Both residents in the Four Seasons Lodge and inpatients on the medical floor were able to cast their ballot!



Network 24 Pleased with Ontario Health Team Announcement



On September 17, the Province of Ontario announced the latest round of approved Ontario Health Teams (OHTs). One of the eight new OHTs will be the 'Network 24 Ontario Health Team', made up of health and social service providers in several municipalities in Renfrew County and South Algonquin Township. The name 'Network 24 Ontario Health Team' is a temporary one. A new name will be chosen in the near future.

More than 70 community health care partners in the area joined forces to develop new models of delivering timely and available patient care that 'wraps around patients and their families'. Represented among those community partners are hospitals, long-term care homes, municipalities, paramedic services, primary care providers, agencies that provide social services, palliative care, homecare, community care, mental health and addictions care, and public health — as well as patients and caregivers.

Dr. Declan Rowan, family physician leader in the Pembroke / Petawawa area, has been very involved with the OHT development to date. He said that the recent announcement of the new regional health team is the beginning of a process to make health care more integrated and accessible for residents. "These are early stages, and we will continue to work hard to evolve and improve health and care for residents in our area".

"Today's welcomed announcement of a new Ontario Health Team for our area will result in a regional coordinated health care approach that will connect family physicians and their patients more effectively with hospitals, paramedics, long-term care, mental health services, community health centers, and other parts of the health care sector. We are pleased with the Province's support and announcement. We look forward to working with our partners in the Network 24 Ontario Health Team to deliver high-quality coordinated care to our region's residents," Dr. Rowan said.

The initial focus of the Ontario Health Team will be on frail seniors and those struggling with mental health and addictions. Helping residents connect with family doctors and primary care teams is another priority.

The catchment area covered by this newly announced Ontario Health Team includes a broad and diverse set of communities in and around the Ottawa Valley. The area stretches from Renfrew to Deep River, and includes the communities of Calabogie, Barry's Bay, Eganville, Cobden, Pembroke, and Petawawa, as well as those along Highway 60 to South Algonquin Township. The area covers approximately 7,600 square kilometers and 80,000 residents.

Last year, the Ontario government began implementing its plan to build a new, integrated health care system for patients by announcing the first 24 Ontario Health Teams and Ontario Health, a single agency to oversee quality health care delivery, and improve clinical guidance and support for providers. The strong partnerships and integrated care established by Ontario Health Teams and Ontario Health has helped better position the province to respond quickly and effectively to COVID-19.

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NEW HIRES



Ashley DeCiccio

Amber Watts

Sharon Vardy

We are pleased to welcome one new member to our team this month, and welcome back two previous team members. **Ashley** will be working as an Administrative Assistant, while **Amber** and **Sharon** will be providing administrative support to the vaccine clinics in the Family Health Team, after previously supporting the offsite clinics. Please join us in welcoming Ashley, Amber, and Sharon!

WELCOME BACK ALLIE!



We are thrilled to share that Allison Lepack has returned to DRDH and has assumed the Manager of Clinical Services – Acute Care role.

Allison is excited to get to work with everyone again and to meet those that have joined us since her leave began.

Please extend Allison a warm welcome upon her return.

NEW LOCKER ROOM

With the “old” staff lounge now relocated to the Sunroom, the space has been transitioned into a third locker room to meet increased need for all staff to have a safe storage space for their belongings in all seasons.

The floors have been replaced, the walls have been painted, and the lockers are installed and ready for use!



NURSING UPDATE—NEW DEDICATED CHARGE NURSES!

This month we welcomed our two dedicated Charge Nurses to their new roles.

Sarah-lynn Parker and Carmen Walker have now begun their dedicated Charge Nurse positions, where they will support clinical and patient care activities.

The dedicated Charge Nurse role has been developed as a result of feedback from staff to meet adjusted organizational needs arising from the pandemic, as well as support long-term needs for the organization and clinical departments. The role will look different than it previously has, as the Charge Nurse will no longer carry a patient assignment. This is to support our Charge Nurses dedicating their time to staff and patient needs, departmental needs, staff education and organizational initiatives. RPN positions have been dedicated to provide direct patient care to support this added clinical resource.

The Charge Nurses will provide daily support for the nursing units by over seeing patient flow, assisting with increased patient activity, coordinating discharge planning, working with patient families, assisting with physician rounding and coordinating patient needs with other health care organizations.

A dedicated Charge Nurse will available 0730-2330 daily, and will be based out of the medical floor. The Charge Nurses are also responsible for building oversight outside of business hours, and are available for support for all departments on evenings and weekends for unforeseen emergencies or situations.

As part of this transition, Alana Hawley has become a dedicated IPAC & Occupational Health Nurse, which will allow her to support the increased demands the COVID-19 pandemic has place on workplace safety and Infection Prevention and Control for our staff, physicians, patients, residents and community. Alana will continue to provide support to the Charge Nurse role, during this transition.



Carmen Walker



Sarah-Lynn Parker

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HAPPY RETIREMENT LAUREN AND DR. MCVEY!



On September 2, we threw a surprise retirement get-together for Dr. Terry and Lauren McVey, who retired from their family medicine practice at the end of August.

Thank you to everyone who came out and said cheers to these two for 33 years of dedication to our organization and community!



Morneau Shepell is now LifeWorks

Welcome to LifeWorks

We are excited to officially introduce ourselves as LifeWorks, a name that speaks directly to our motivating purpose as an organization – improving lives and improving business.

The idea is that by improving a person's life and wellbeing, they will be happier, healthier, and ultimately more engaged and proactive at work. The LifeWorks story is about making life work for people by helping them be at their best, which supports the goal of improving how organizations perform.

We look forward to continuing to support organizations and their people through our leading-edge technology and total wellbeing solutions.

All contact numbers remain the same as before with Morneau Shepell. Check out the brochure below for more information on our Employee and Family Assistance Program:



Let us help

Your Employee and Family Assistance Program (EFAP) provides you with immediate and confidential help for any work, health or life concern. We're available anytime and anywhere. Let us help.

www.workhealthlife.com

Understanding your Employee and Family Assistance Program (EFAP)

Your EFAP is a confidential and voluntary support service that can help you take the first step toward change. Let us help you find solutions to the challenges you face at any age and stage of life. You and your immediate family members (as defined in your employee benefit plan) can access immediate and confidential support in a way that is most suited to your preferences, comfort level and lifestyle.

No cost

There is no cost to you or your family to use your EFAP. This benefit is provided to you by your employer. Your EFAP can provide a series of sessions with a professional and if you need more specialized or longer-term support, our team of experts can suggest an appropriate specialist or service that is best suited to your needs. While fees for these additional services are your responsibility, they may be covered by your provincial or organizational health plan.

Confidentiality

Your EFAP is completely confidential within the limits of the law. No one, including your employer, will ever know that you have used the program unless you choose to tell them.

Let us help



Access your Employee and Family Assistance Program (EFAP) 24/7 by phone, web or mobile app.

1-844-880-9142

www.workhealthlife.com

Solutions for your work, health and life

Achieve wellbeing

- Stress ● Mental health concerns ● Grief and loss
- Crisis situations

Manage relationships and family

- Communication ● Separation/divorce ● Parenting

Deal with workplace challenges

- Stress ● Performance ● Work-life balance

Tackle addictions

- Alcohol ● Drugs ● Tobacco/Nicotine ● Gambling

Find child and elder care resources

- Child care ● Schooling ● Nursing/retirement homes

Get legal advice

- Family law ● Separation/divorce ● Custody

Receive financial guidance

- Debt management ● Bankruptcy ● Retirement

Access your EFAP 24/7 by phone, web or mobile app.

1-844-880-9142

www.workhealthlife.com

CONGRATULATIONS JAMES!



THANK YOU

JAMES CHARTRAND

HEALTHCARE HERO

Congratulations to James Chartrand, who was recognized as a Healthcare Hero! In September, Environmental Services Week was celebrated at DRDH, and we are so pleased to see a donation was made in honour of James Chartrand, who works in both Housekeeping and Dietary. During the ongoing COVID-19 global pandemic, we have seen heroes like James on the front lines keeping our healthcare facilities clean and safe for those who work, visit, live and receive care there. The donor who recognized James wanted to share the following message of thanks:

“James is always smiling and willing to lend a helping hand! Thank you for all you do James!”

Is there someone you would like to recognize as a Healthcare Hero? Making a donation in their honour is the perfect way to say thank you. Visit www.drdhfoundation.com/healthcare-heroes to recognize your Hero today!

NORTH RENFREW LONG-TERM CARE APPOINTS NEW ADMINISTRATOR



The North Renfrew Long-Term Care has appointed Shelley Yantha as Executive Director (Administrator) of North Renfrew Long-Term Care Services Inc, effective in October.

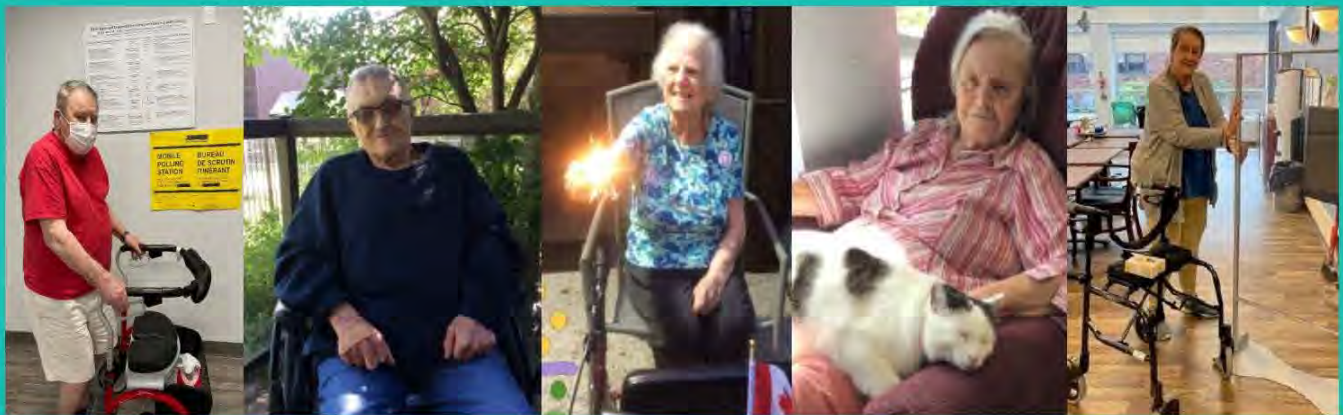
On behalf of our organization, we would like to offer our congratulations to Shelley on her new position, and to Kim Rodgers on her upcoming retirement. We look forward to continuing our relationship and partnerships with the North Renfrew Long-Term Care under Shelley's leadership. After many great years of working in collaboration with Kim, we wish her all the best in the future!



The Four Seasons Lodge is celebrating

Residents & Family Council Week

September 13 - 19, 2021



Residents and Family Council plays an important role in shaping the Four Seasons Lodge into a place that our residents call Home. The Council brings together residents and family members to discuss items of importance and to stay connected and engaged in the Home's operations and decision-making.

All residents have the right to participate in the Council. The Council is intended and designed to form the collective voice of all residents in the Four Seasons Lodge.

Thank you to our residents and family members for taking their time to attend our monthly Council meetings and thank you for your continuous input and ideas that help to make a positive impact on the Home.

QUICK TIPS AND MORE TO BOOST YOUR MENTAL HEALTH ON THE DAILY



There are a number of simple things you can do to smooth the transition back to normal daily life, rebuild your confidence, and manage the residual stress you may be feeling from the changes inflicted on you by lockdown. You can use a variety of evidence-based mood lifting exercises to combat stress and help prevent the rumination and catastrophic worrying that is often a consequence of negative moods.

Listen to Upbeat Music

Listening to upbeat music can immediately boost your mood. What's a good upbeat mood-boosting tune? Dr. Jacob Jolij a cognitive neuroscientist at the University of Groningen, developed a scientific formula for identifying the top feel-good songs. Here's a sample from his list: Queen – Don't Stop Me Now; Abba – Dancing Queen; The Beach Boys – Good Vibrations; Billie Joel – Uptown Girl. So, plug in the earbuds, scroll to your favorites, and enjoy upbeat happiness!

Take a Walk Around the Block

If the weather's okay and you have the time, take a short walk outside. Not only does this physically disconnect you from your current environment that may be triggering your stress and anxiety, but it also provides exercise - and even the mildest of exercise can improve your mood.

Surround Yourself with Calming Aromas

Light a fragrant candle or use a diffuser to create relaxing aromas around the house. There are many different aromas that are known to have a calming and anxiety-relieving effect such as jasmine, basil, chamomile, frankincense, patchouli, and fennel to name just a few, but perhaps one of the most well-known is lavender.

Make Yourself Laugh

Laugh your worries away – when stress builds up laughing can instantly elevate your mood, reduce pain and stress, and – as an added bonus – boost immunity by decreasing stress hormones and increasing immune cells and infection-fighting antibodies. So, on your laptop, bookmark some YouTube videos that make you laugh.

Take a Bath or Shower

Lying in a hot bath can have a whole number of important benefits. It improves our circulation, helps us fall asleep before bedtime, and, if you're lucky enough to have a hot tub, spending ten minutes in there lowers blood pressure in people with hypertension. If you're bathing at the end of the working day, then it's a relaxing and suitable place to think through your positive achievements and wash away the stresses of the day.

But since everyone is different, there may be many more mood-lifting activities that might suit just you. Some include looking through old photographs, clearing away clutter in your immediate environment, cooking, chatting to a close friend, writing about your worries or negative feelings, or simply just smiling.

Read the rest of the article by clicking on the link below:

<https://wellness.lifespeak.com/expertblog/5395>

HAPPY ENVIRONMENTAL SERVICES WEEK | September 12-18, 2021

During the second full week of September each year, Environmental Services Week allows us an opportunity to recognize the efforts of the incredibly hardworking housekeeping, laundry, and maintenance staff members at the Deep River and District Hospital.

Thank you to everyone who joined us on September 16 for a BBQ to celebrate!



NATIONAL DAY FOR TRUTH AND RECONCILIATION | September 30

September 30, 2021 marked the first National Day for Truth and Reconciliation.

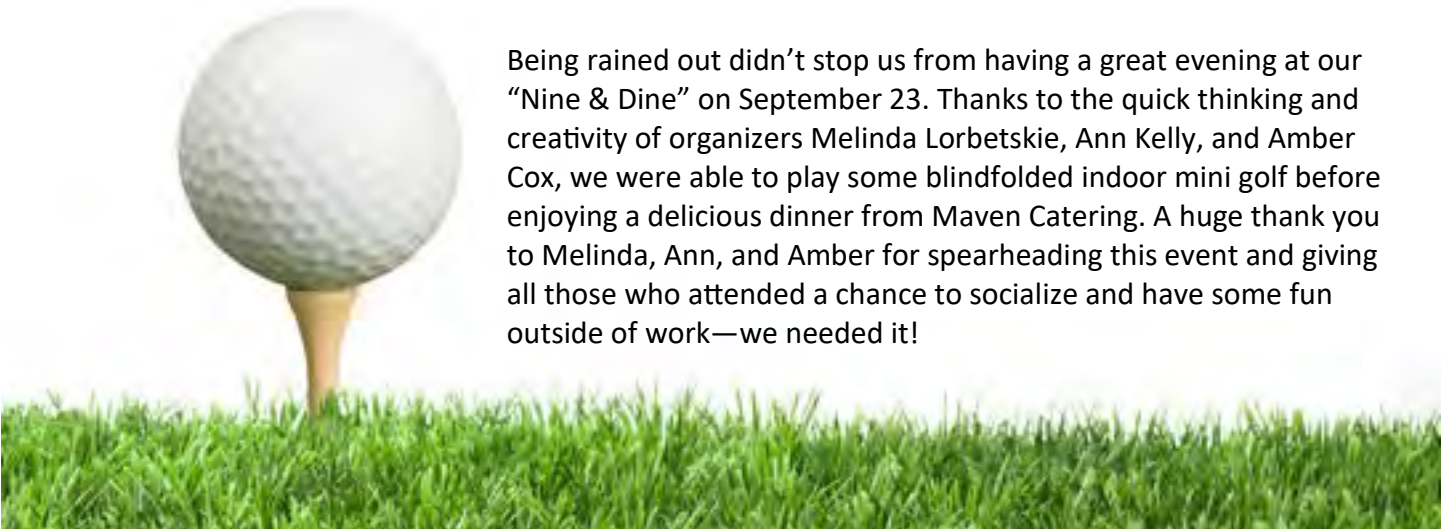
This day honours the lost children and survivors of residential schools, their families, and their communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

The Deep River and District Hospital encouraged our hospital family and community to wear orange on September 30 to raise awareness of the very tragic legacy of residential schools, and to honour the thousands of survivors. Pictured below are Tabitha Kearney, Janna Hotson, Amy Joyce, and William Willard.

Our flag will be at half mast in commemoration and recognition of the day.



(NO GOLF) GOLF DAY | September 23, 2021



Being rained out didn't stop us from having a great evening at our "Nine & Dine" on September 23. Thanks to the quick thinking and creativity of organizers Melinda Lorbetskie, Ann Kelly, and Amber Cox, we were able to play some blindfolded indoor mini golf before enjoying a delicious dinner from Maven Catering. A huge thank you to Melinda, Ann, and Amber for spearheading this event and giving all those who attended a chance to socialize and have some fun outside of work—we needed it!

SILENT AUCTION!

Painting purchased in Germany in the 1960's.

Current bid:

28 September 2021

\$200.00

Painting is on display at the Deep River Public Library.

Highest bid will be shared every 2 days at the library and on social media.

Auction Closes:

October 20th, 2021 @ 6PM



How to Bid:

1. Write your name, phone number and bid then place in the lock box at the Deep River Library; or,
2. Email your bid to foundation@drdh.org.
3. All bidders will be treated in confidence; only the bid will be disclosed.
4. All bids must be at least \$5 higher than the posted bid.



Deep River & District Hospital
FOUNDATION

Deep River & District Hospital Foundation

117 Banting Drive | Deep River, ON | 613-584-3333 ext. 7140 | www.drdhfoundation.com

If the auction fails to reach the reserved bid we will extend the timeframe. This allows us to respect the donor's wishes of its value.



CHRISTMAS IN OCTOBER

*The Gift Shop will be hosting the traditional "Christmas in October"
sale a little differently this year
In an effort to avoid having a crowded store and hallway in the midst of the pandemic,
we are having a sale all month long*

**FOR THE MONTH OF OCTOBER,
WE ARE OFFERING A 30% DISCOUNT* STORE WIDE!**

*As always, NO TAX is charged and there is 20 minute free parking
in designated spaces for gift shoppers*

*Tell your friends and don't miss out
New products will be arriving throughout the month so stop by often
It's a great time to start your Christmas Shopping and **shop local***

The DR&D Hospital Auxiliary appreciates your support!

**No further discount will apply*



CIAO FROM CESAR!



Cesar has been really enjoying the fall weather, and loves being able to lounge in the sunshine outside. He also really likes grass, both the indoor and outdoor varieties!

Thanks to Paige Woodrow, RPN, for the photos.



KEEP CHECKING THE COVID-19 UPDATES!

Please continue to refer to COVID Update emails from Janna Hotson, or other memos, for the latest information, updates, and direction related to COVID-19.

These update emails are being saved on PolicyMedical for staff under Communications and Memos —> All Staff Memos —> 2021-2022.

Is there something you would like to see appear in the next issue of the Zinger? Please submit photos and information to amy.joyce@drdh.org.

The Deep River and District Hospital receives funding from the Champlain Local Health Integration Network (LHIN). The opinions expressed in this publication do not necessarily represent the views of the Champlain Local Health Integration Network.