

North Renfrew
Family Health Team

THE ZINGER

Newsletter for the Deep River & District Hospital
Four Seasons Lodge Long-Term Care Home and North Renfrew Family Health Team

December 2022



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MANDATORY EDUCATION—December (past due)

Please see the assigned education for the month of December. **This was due to be completed by December 28, 2022.** Please contact Mary Goodchild if you are having any issues accessing the education.

All Staff

- WHMIS – Part 1 and 2
- Musculo-Skeletal Injuries – Part 1

RPN

- Urinalysis POC Testing
- Connecting ON Privacy Module
Note this is due January 31, 2023, not December 31, 2022.

**Clinical Staff (RN, RPN, PSW, DI, Physiotherapy)**

- Mechanical Lifts and Client Handling – Part 2

Housekeeping

- RICN Environmental Cleaning Best Practice – Discharge/Vacancy Room Changing and Cleaning

Thank you
to all the participants!

WHMIS 2015
AN INTRODUCTION

A Module for Direct Care Staff

A Module By Surge Learning

WHMIS 2015

PART 2 of 2

THE GLOBAL
HARMONIZED SYSTEM

Classification and
labelling of chemicals

A Module for Direct Care Staff

A Module By Surge Learning



MANDATORY EDUCATION—due January 26, 2023

Please see the assigned education for the month of January. **This is due to be completed by January 26, 2023.** Please contact Mary Goodchild if you are having any issues accessing the education.

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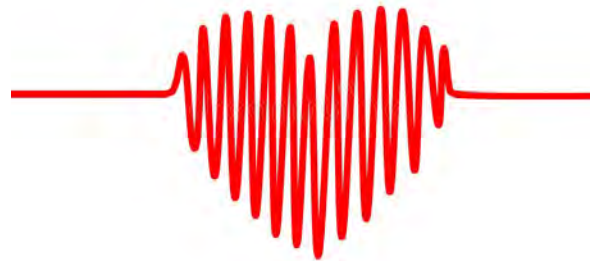
All Staff

- Code Yellow/Code Amber
- Code Red
- Musculo-Skeletal Injuries – Part 2
- Body Mechanics – Back Safety – Top 10 Lifting Rules



Admin On Call, RN, Maintenance

- Fire Watch Policy



Finance

- Client Communications Etiquette

RPN

- REMINDER - Connecting ON Privacy Module
Note this is due January 31, 2023, not December 31, 2022



RN/RPN

- EKG Like a Boss – Part 1 and Part 2
- Pain and Cognitive Impairment

Housekeeping

- RICN Environmental Cleaning Best Practice – Chain of Transmission



Three Eastern Ontario Hospitals Announce Successful Launch of 'Epic' Health Information System



Pictured here, from left to right, celebrating Epic go-live at the Kemptville District Hospital is CEO Frank Vassallo, Catherine Miller RN, Spencer Hayward RPN, Amy McLaughlin Epic Project Support/Educator, Brittany Rivard CFO & VP of Operations + Epic Project Lead, Cathy Burke RN Epic Clinical Lead, Cara Duhaime Physiotherapist.

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Deep River & District Hospital (DRDH), Kemptville District Hospital (KDH) and Winchester District Memorial Hospital (WDMH) are delighted to announce the successful launch of the Epic digital health information system at all three hospitals on November 5, 2022.

“Epic has ushered in a new era in health care at our hospitals, both for patients and their care providers,” said KDH CEO, Frank J. Vassallo. “The credit for the successful launch goes to our dedicated care teams at each of our hospitals, who spent many months training and preparing for go-live.”

“We also want to thank the patients and families in our communities for their patience and understanding as our teams adapt to the new system,” added Cholly Boland, WMDH’s CEO, noting that the three hospitals reduced some services over the first few weeks following the launch to ensure that staff had time to care for each patient while learning to use the new system. Each hospital was focused on reducing disruptions for patients and making the transition as seamless as possible.

“Thanks to the support received in our hospitals’ early weeks with Epic from The Ottawa Hospital and our partner hospitals across the region, we were able to work together and ensure a smooth and successful transition,” said DRDH CEO Janna Hotson. “Our sites were ready and prepared to resolve issues as they arose in those first few days with the new system. Now that we are more than a month in, we are looking at continuing to improve the system at each of our hospitals.”

A 24-hour command centre was established at each site to oversee the launch. On an ongoing basis, Epic experts continue to provide ongoing support for the care teams when issues arise. All three hospitals have also reported that their staff and physicians are helping and supporting each other.

“Epic has challenged the teams to work differently and adapt to new workflows,” said Jennifer Ellis, KDH’s VP Nursing/Clinical Services. “The teams have done a remarkable job adjusting and, most importantly, teaching and bringing each other along. It’s been a very successful start and, like the rest of my team, I am excited to see what is next!”

Continued on next page...

FOUNDATION NEWS

Here is a recap of the benefits of Epic for patients and providers:

- Epic uses the latest technology to securely store, organize, and access patient records while maintaining patient privacy, providing a comprehensive digital health record for every patient.
- Epic replaces dozens of electronic and paper-based systems, making every patient's medical information readily available to their providers in one secure place online.
- Epic gives patients better access to their own health information through the MyChart portal. Anywhere, anytime, MyChart subscribers can see their medical history, diagnostic test results, upcoming appointments, lists of allergies and medications, and even educational materials.
- Epic improves patient safety by reducing errors.
- Epic is proven to reduce wait times, length of stay in hospital, and readmissions.

By implementing Epic, DRDH, KDH, and WDMH have become part of a fully integrated network of nine hospitals in the Ottawa region using the state of the art health information system. This means that when a patient is transferred between hospitals, critical information will be available immediately to their new healthcare team and the patient will not have to repeat their medical history over and over. The result is more seamless care.

For more information about Epic and how to register for MyChart, please visit your local hospital's website.



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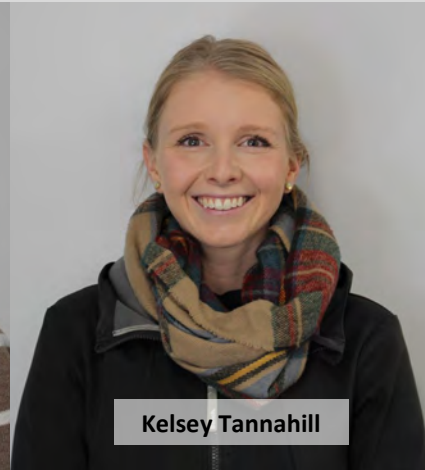
NEW HIRES



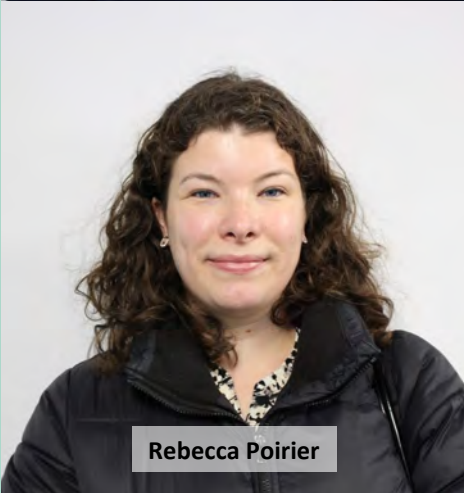
Katie Rapin



Allison Reynolds



Kelsey Tannahill

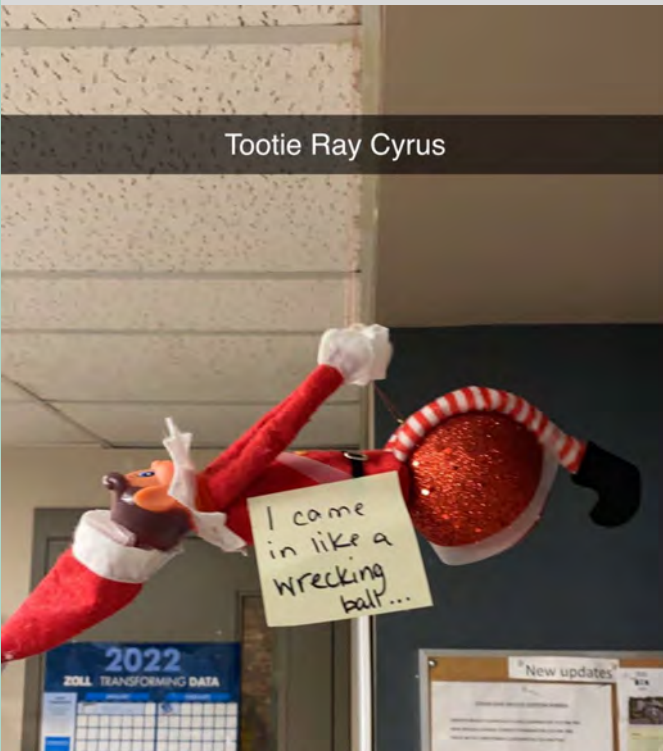


Rebecca Poirier

This month we are pleased to welcome four new members to our team. Rebecca is a Registered Dietitian, Allison and Kelsey are Registered Nurses, and Katie is a Registered Practical Nurse who has returned to DRDH after completing her consolidation with us as a student.



THE ELF RETURNS



Tootie Ray Cyrus



Elfie made the trip all the way from the North Pole back to the Medical Floor this year to keep an eye on our team members and report back to Santa.

As per usual, he got himself into a bit of trouble during his time at DRDH.

Thinking Big Without Forgetting the Small



Have you ever said “I need to get motivated”, “I’m going to eat healthier”, or “I’m going to go to the gym more”? Instead of looking for motivation to come around, what might be surprising for you, is that a simple strategy is to take small actions first. Professor Karl Weick is an organizational theorist and he talks about the importance of “small wins”. Weick states that small wins have transformational power and that once a small win has been accomplished, forces are set in motion to favor another small win, and another and another. It means losing one pound of weight giving you the motivation to lose two pounds, and then three pounds, and maybe even a hundred pounds. The action itself is actually the cause of motivation, not the other way around.

Progress to the desired outcome is sometimes small and steady.

The combination of these small wins transforms actions, creating a powerful change that leverages tiny advantages into patterns that convince people that bigger achievements are within reach.

IMPLEMENTING YOUR INTENTIONS

The distance between goal intention and goal attainment is often long and many people often lack clarity in their plans, waiting for the right time (perhaps to feel motivated). In plain language, in contrast to setting a goal, which just simply specifies what one wants to achieve, the idea of implementation intentions describes a context in which one will enact. In other words, implementation intentions describe the when, where, and how someone intends to achieve it.

Here’s an example of what this looks like.

Let’s say you state a goal “I want to run a marathon”. All that is really achieved here is stating the desired outcome (a marathon), a goal intention.

You are much more likely to stick with a goal if you detail the specifics and create an implementation intention:

- I will complete 30 minutes of exercise at 7.30 pm every Tuesday and Thursday at my local park.
- I will spend 30 minutes on Saturday morning working on my strength at the gym.
- I will wake up 15 minutes early every morning to make a healthy smoothie before I work.

Goal attainment is more likely when you re-frame your intentions and follow a predetermined plan.

Research suggests that this approach promotes goal attainment because it takes away the need for decision-making and allows you more likely to make the commitment. We all have dreams and aspirations and set ourselves many goals. It’s much easier to state it, to think about the pleasure of how achieving it would make us feel in the moment but, leave it up to chance and willpower to feel motivated to take action. Many of our goals require energy, effort, and commitment, and by implementing your intentions and making a plan for when, where, and who, you are much more likely to follow through with your goals.

Click here to read the full article on LifeSpeak:

<https://wellness.lifespeak.com/expertblog/thinking-big-without-forgetting-the-small--5740>

FOUNDATION NEWS—"WHY I GIVE" TESTIMONIALS

#GivingTuesday took place back in November, and the DRDH Foundation celebrated by sharing "Why I Give" stories from members of the community! Donors, volunteers, and supporters were asked: "Why do you support DRDH?" and the replies we received were inspiring and motivating. Here's just a few of the stories that were shared:



"I was born and raised in Deep River and while I have not lived there for more than 35 years, I still have strong bonds to the community. I remember well when the community moved the hospital from Ridge Road to the current location and how proud everyone was of the new, modern hospital. While the building has aged a bit, the hospital remains a model for community care and an important part of the area. I began giving to the hospital foundation through the annual golf tournament. My wife and I were living in Ottawa at the time and coming to the tournament was always a ton of fun; a way to connect with friends & family and of course, a great way to support the hospital. Last year we picked up our involvement with the golf tournament and were pleased to be a sponsor. Our parents always had great care at the Deep River Hospital. Sadly, they have both passed along. Since golf was a big part of their life in Deep River, we felt that continued support of the golf tournament was a great way to acknowledge this. The Deep River Hospital was important to me growing up and continues to be a cause we feel that is important to support."

- Patrick Tallon, President & CEO of Tulmar



"I first began to support the Foundation after my mother, Mary Parkes, died in the Deep River Hospital in November 2012. I have donated every year since then for three reasons: in memory of my mother; to thank the hospital for the incredibly compassionate care she received in her final days; and to help ensure that this level of support continues to be available to grieving families. The Deep River Hospital is a stellar example of the best a small community hospital can be, and I will be forever grateful for the home it gave my family in our time of need."

– Cheryl Parkes



"I am nearing 94 years of age and my wife is nearing 88. We came to Deep River first in 1959 for employment as University summer students. On my retirement, we came back to Deep River and built a house here that we still live in. We picked a spot on Banting Drive because it was as close as we could get to the DRDH and the Paramedic Ambulance Service. Those two organizations are the reason we are both still alive. The time will soon arrive that we need Long Term Care and Closer To Home is the most critical objective. Not just for us but for everyone who wishes to make Deep River the best place for family life in Canada. Everyone will age, adults and children and they all want to end their days Closer To Home."

– Henry Allen Rose

Keep an eye out for even more "Why I Give" stories in next month's Zinger!

FOUNDATION NEWS—Craft and Vendor Show



After months of dedicated effort from volunteers Claire Kennedy and Joanne Vollmer, the Deep River Craft & Vendor Show on December 3 was a huge success!

Hundreds of people came to browse the wonderful array of items, and **\$3,170** was raised for the Deep River & District Hospital Foundation. Thank you to everyone who made the event possible.



Congratulations to Mary MacCafferty of Deep River! Out of 500 tickets sold, her name was drawn on December 3rd and she won Lynne Kelly's beautiful quilt! This raffle raised **\$2,500** for the DRDH Closer To Home Campaign to build a 96-bed Long-Term Care Home.

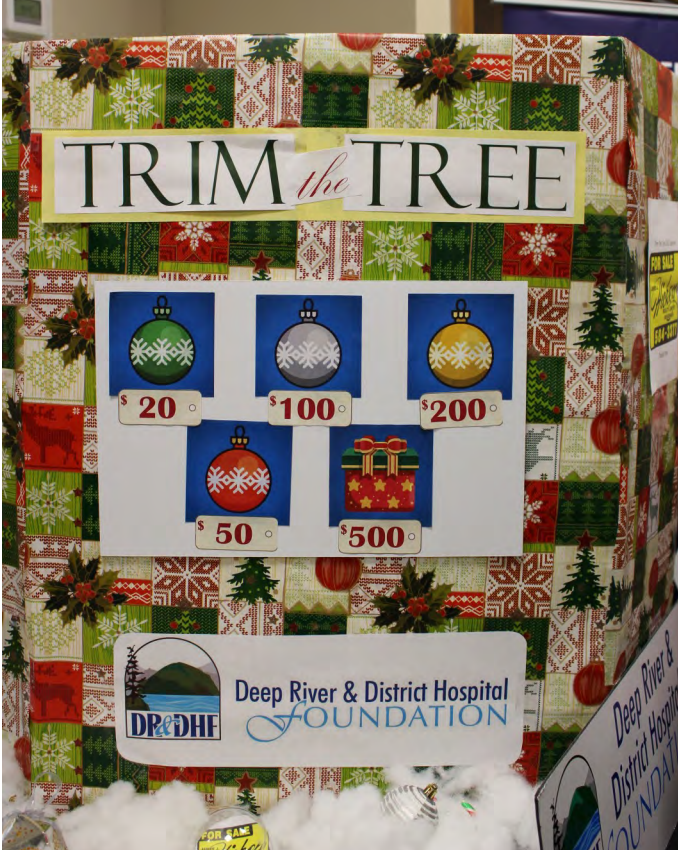
The quilt raffle draw was an exciting affair. About a dozen people huddled around Lynne as she drew the winning ticket from the bag at 3PM on the day of the Deep River Craft & Vendor Show. Everyone was eagerly waiting for months to discover the winner, and celebration erupted when Mary's name was drawn. She had just left the Craft Fair only a few hours earlier, but Lynne called to deliver the good news. She drove over right away to collect the quilt.

Special thanks to Lynne Kelly for making and donating the quilt (close to a full year of effort), Joanne Vollmer, Amy from Digital Copy Xpress, the army of volunteers who sold tickets, and of course... everyone who purchased a ticket!

FOUNDATION NEWS—Trim the Tree

Thanks to the generosity of our community, we raised a record **\$6,355** from ornament dedications this year. The Town of Deep River Christmas Tree was beautifully decorated for the holiday season! Special thanks to James J. Hickey Realty for sponsoring us again as the event sponsor this year.

Pictured below decorating the tree is Rebekah Thompson, and you all know the big guy in red lighting up the tree!



FOUNDATION NEWS—Deep 50/50 Lottery

HOLIDAY GRAND PRIZE



\$5,347.50

#99003920014

Kayla McAuley



HOLIDAY EARLY BIRD PRIZE



\$1,000

#99003821012

Stacy Dégagné

Congratulations Kayla and Stacy of Deep River! Kayla was the winner of our Holiday Deep 50/50 Grand Prize for \$5,347.50, and Stacy was the lucky \$1,000 Early Bird prize winner. What a nice thing for them to go into the New Year with! Thanks to everyone who bought a ticket and supported the draw. Click [here](#) to get your tickets for January.

FOUNDATION NEWS—Bonspiel

MARCH 4, 2023

DRDHF BONSPIEL

Tickets Available Now!



Enjoy the classic game of curling and support Deep River & District Hospital. All proceeds from the DRDHF Bonspiel (presented by WCCT) will go towards Closer To Home, the \$2.5M fundraising campaign to build the new 96-bed Four Seasons Lodge.

WCCT has agreed to match every ticket donation with \$75!

Click here to learn more and register:

<https://drdhfoundation.com/events/2023-drdhf-bonspiel>



LEADERSHIP DEVELOPMENT INSTITUTE



On December 19, participants from across the organization took part in a Leadership Development session focusing on adaptive leadership, with the goal to strengthen our ability to thrive in challenge and change! The session also involved some fun activities and application exercises, including a riveting game of “*Santa Claws*”. Congratulations to winning team members Trinity O’Hara, Jenny Hickson, Ann Kelly, Ian Wilkie, Mary Goodchild and Scott Goodchild for adapting and leading one another through numerous challenges to get to the prize!



HAPPY HOLIDAYS AT DRDH

Even though our Holiday Party was postponed this year due to the respiratory surge, that didn't stifle any of the festive spirit at DRDH! The month of December was filled with holiday activities including the 12 Days of Christmas giveaways, hot chocolate carts, cookie and candy carts, an "Elfie Selfie" photo booth, red and green day, ugly sweater day, gingerbread house decorating and many more! Check out the next few pages for some photos of all the fun.

12 Days of Christmas



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Congratulations to all winners of the 12 Days of Christmas giveaways:

- Day 1: Megan Caldwell and Guylaine Fauvel
- Day 2: Keith Benson and Jeff Lamure
- Day 3: Melissa Tucker and Chantelle Perry
- Day 4: Marian Walsh and Michelle Govereau
- Day 5: Abbie Verch and Madison Magne
- Day 6: Elizabeth Lussier and Sandra Moore

- Day 7: Tracy Govereau and Tammy Blimke
- Day 8: Alana Hawley and Sandi McDonald
- Day 9: Renee Bedard and Michelle Lesaux
- Day 10: Trinity O'Hara and Eileen Cochrane
- Day 11: Whitney Green and Brandy Raven
- Day 12: Paige Woodrow and Oleg Sydiak

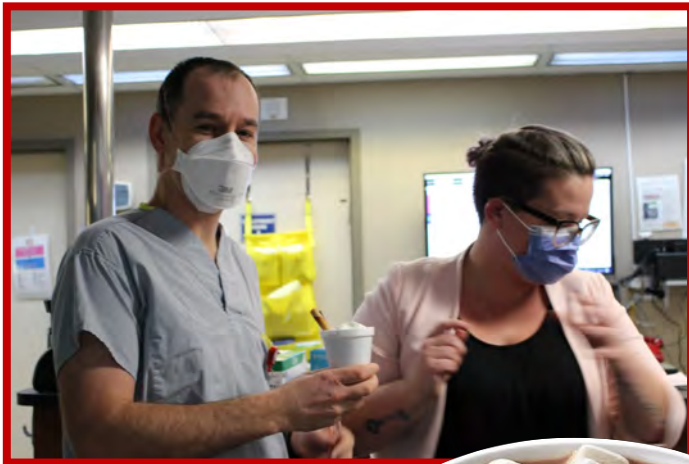
Candy & Cookie Cart

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Hot Chocolate Carts



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Elfie Selfies

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**Congratulations to
Amanda Thompson and
Trish Leach for being voted
best Elfie Selfie!**



Door Decorating



Congratulations to the winning department, Diagnostic Imaging!

HOLIDAY FESTIVITIES

Gingerbread House Decorating

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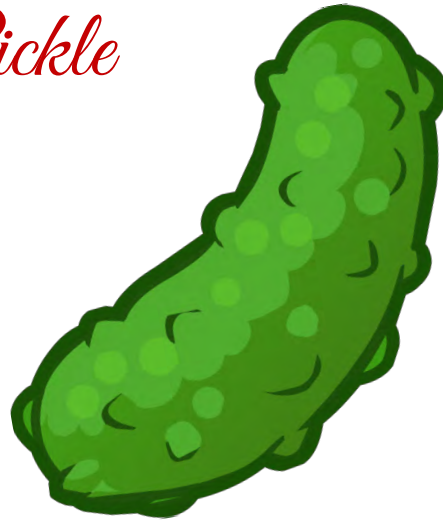
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**Congratulations
to the winning department,
Dietary!**



Find the Christmas Pickle



The lucky winners, Abbie Verch and Rebecah McNeil partnered up to search for the pickle and were successful! The pickle was hiding outside of the Four Seasons Lodge tucked into one of the hanging plants.

Happy New Year!



Thank you to Jessie McKinnon who put on this amazing spread for residents in the Four Seasons Lodge to ring in the New Year!

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FOUR SEASONS LODGE NEWS



History was made in December at the Four Seasons Lodge!

On December 6, the Four Seasons Lodge became the first Long-Term Care Home in Ontario to go-live with direct physician order entry into the long-term care electronic health record, Point-Click-Care.

Computer Prescriber Order Entry, or CPOE, is expected to improve medication safety through electronic prescribing directly into the electronic health record and has been shown to reduce medication and transcription errors and improve safety overall. Congratulations to the entire Four Seasons team for this achievement and enhancing the electronic health record in long-term care.

NEW FOUR SEASONS LODGE DESIGN REVIEW



Thank you to everyone who participated in the room-by-room design review process with our architects on the 15th and 16th of December.

Now that the Home our team and community envision is being translated from words and thoughts into formal designs, our team members' practical experience and knowledge has been invaluable to the design process—thank you!

FOUR SEASONS LODGE NEWS—Christmas in the Lodge



On December 17, the Lodge had a very special visitor all the way from the North Pole drop by to say hello. A big thank you to Santa for making a special visit to spread some holiday cheer in our home!



Thank you to the Auxiliary for bringing the Whistle Stop to our residents for a great shopping day at home!



FOUR SEASONS LODGE NEWS—Holiday Jam Night



A Holiday Jam Night took place in the Four Seasons Lodge on December 12. Thank you to our incredibly talented staff members who performed—it was a great show!



FOUR SEASONS LODGE NEWS—Christmas in the Lodge



Thank you to everyone who participated in our Resident Secret Santa again this year and brought many smiles to our residents' faces on Christmas morning.

Also, a huge thank you to everyone who sent in wonderful hand made Christmas Cards—especially the Grade 8 class at St. Mary's School.

merry christmas

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