

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

February 2023



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## MANDATORY EDUCATION—March 2023

Please see the assigned education for the month of March. **This is due to be completed by March 29, 2023.** Please contact Mary Goodchild if you are having any issues accessing the education.

**All Staff**

- Cyber Security – 6 modules
- Shifting Focus – Tips for Communicating with People with Dementia
- Privacy and Confidentiality – PHIPA Module Part 1

**RN/RPN/PSW**

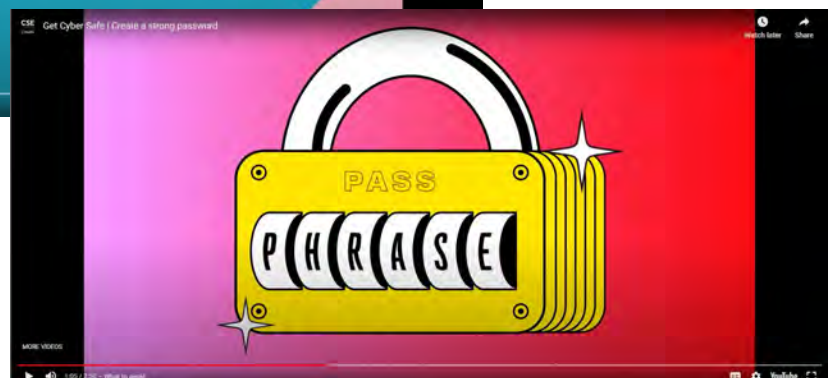
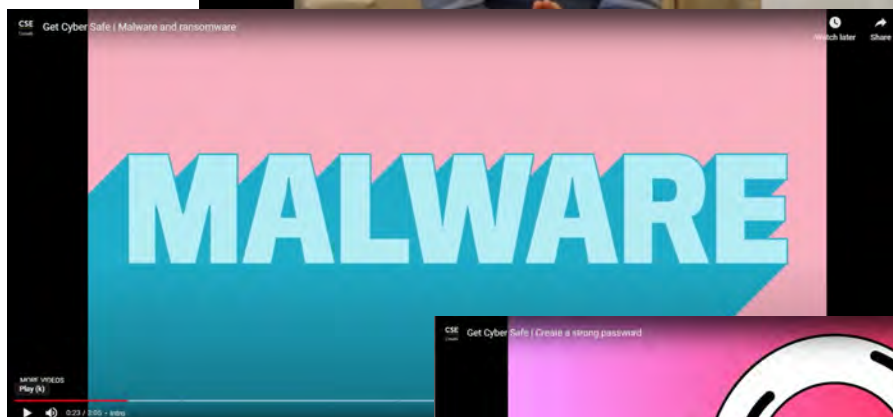
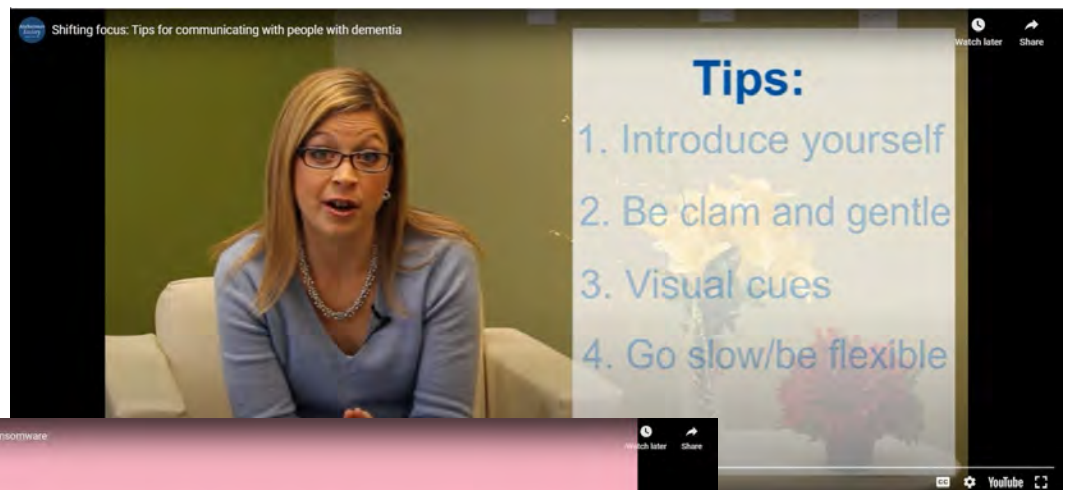
- APIC – Noncritical is Critical – IPAC video

**RN/DI**

- Interdepartmental Intra-Cavity Cleaning Policy

**Housekeeping**

- RICN Environmental Cleaning Best Practice – Cleaning Products and Tools

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## SITE PREPARATION FOR NEW LONG-TERM CARE HOME BEGINS

Site preparation for the Deep River and District Hospital (DRDH)'s Long-Term Care Development Project will begin the first week of March, bringing construction on the new Home one step closer to beginning.

The area between the current Four Seasons Lodge Long-Term Care Home and the paramedic base, on existing DRDH property, will be cleared to make room for the new 70,000 square foot, 2-story, 96-bed Long-Term Care Home. Construction for the new Home is planned to take 2 years after the official ground breaking in August this summer, with residents moving in as early as 2025.

“Seeing this physical preparation for the new building is an exciting milestone for the project” said Janna Hotson, President and Chief Executive Officer. “Clearing the site over the winter enables the project to minimize environmental impacts as well as ensure the site is ready for construction in August.”

Trees on the build site have been flagged for future use within the new Home, thanks to DRDH's partnership with local volunteer foresters. DRDH would like to extend a sincere thank you to Steve D'Eon and Tom Moore for their efforts in identifying trees suitable for reclamation projects. The DRDH Project Team and architects are working on reclaimed lumber design elements to incorporate into the new Home, such as decor pieces and benches for our residents and families to enjoy for years to come.

Access to the build site will be restricted as necessary to maintain safety. Further information will be provided in the coming weeks.

For more information on the project, including how to donate to the Closer to Home campaign and view design renderings for the Long-Term Care Development Project, please visit [drdh.org/ClosetoHomeCampaign](http://drdh.org/ClosetoHomeCampaign).

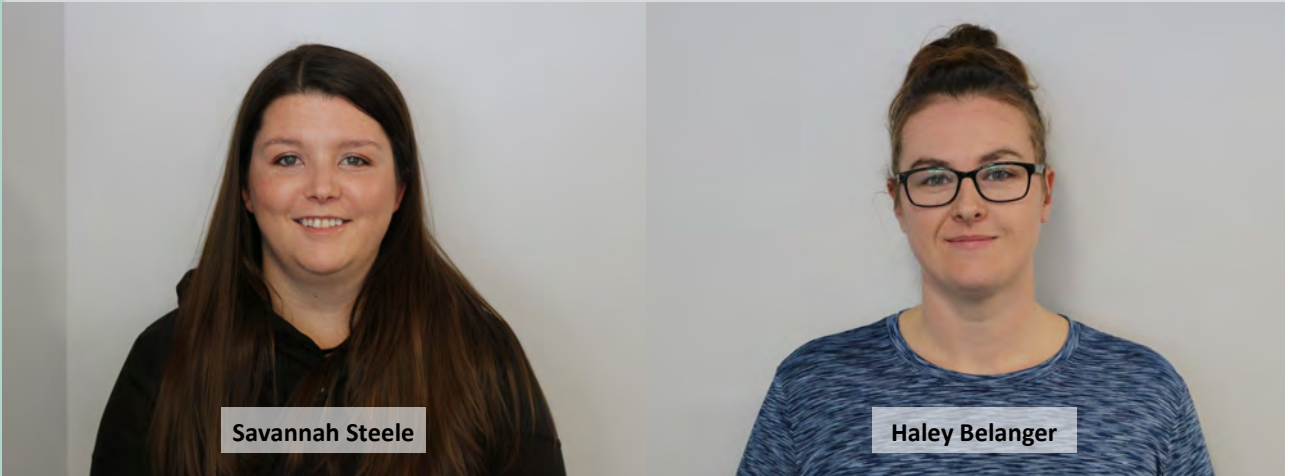


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Savannah Steele

Haley Belanger

This month we are pleased to welcome two new members to our team. Savannah is a Registered Practical Nurse and Haley is a Food Service Worker. Please join us in extending a very warm DRDH welcome to both Savannah and Haley!

*welcome*

HAPPY RECREATION THERAPY MONTH



February was Recreation Therapy Month!

Recreation and leisure plays a huge part in our residents' physical, social and emotional well-being. On February 16, the team was celebrated by the Residents' and Family Council for their exceptional activity coordination skills and hard work at the Lodge. Many thanks again to Recreation Workers—Abbie Verch (right) & Heidi-Lynn McFarlane (middle), who are pictured here with Jenny Hickson (left), for their continued dedication to the field of recreation therapy.

DON'T FORGET TO RSVP

*Our Epic Swing Into Spring Soirée is quickly approaching, and it's sure to be a night to remember!*

Please see the poster below for details. Remember that this year, at the Spring Soirée, we will also be celebrating our team members for our successful Epic launch, those that have reached a service milestone over the last year, as well as all nominees of the Essential Pieces award.

Ensure you RSVP to Rebekah Thompson before 4:00 pm on March 10, 2023 at [rebekah.thompson@drdh.org](mailto:rebekah.thompson@drdh.org) if you wish to attend, if you will be bringing a guest, and if you would like your guest ticket payroll deducted (at the cost of \$50).

**HOPE TO SEE YOU THERE!**



JOIN US FOR A LOVELY EVENING at the

# *EPIC SWING INTO SPRING SOIREE*

Friday, March 24<sup>th</sup>, 2023  
Chalk River Lion's Hall

Join us to celebrate the successful Epic launch, 2022 Service Award Recipients & Essential Pieces Nominees!

**Cocktail Hour** 5:00 PM  
**Dinner served** 6:30 PM  
**Concludes** 1:00 AM  
Catered by Ullrichs

DJ, Photo Booth, Prizes & Cash Bar (No ATM on site)

Kindly RSVP to Rebekah Thompson by March 10<sup>th</sup>  
Tickets are complimentary for our team members. You are welcome to bring a guest at the cost of \$50.



## HEALTHCARE HEROES



# THANK YOU

**EMERGENCY DEPARTMENT  
CARE TEAM**

## HEALTHCARE HEROES

Congratulations to the Emergency Department Care Team, who were recognized as Healthcare Heroes! Pictured here representing our amazing Emergency Department Team are Jennifer Rouselle, RN, and Dr. Bhatia. As patient volumes continue to be increased at Emergency Departments including ours, we want to join the donor below in saying thank you to the entire team for continuing to ensure our patients have an excellent, compassionate healthcare experience.

The donor who recognized the Emergency Department Care Team wanted to share the following message of thanks:

*"In recognition of the thorough, professional, effective, and caring attention I received in the Emergency Department from Dr. Bhatia, Sarah, Melanie, Sue and Dr. Wookey in December. Their care was outstanding."*

Is there an individual or team that you would like to recognize as a Healthcare Hero? Making a donation in their honour is the perfect way to say thank you. Visit <https://drdhfoundation.com/give> and select "Healthcare Heroes" under the "Dedicate" section.

# CONGRATULATIONS



RESIDENT DOCTOR APPRECIATION WEEK



From February 6-12, 2023, we celebrated Resident Doctor Appreciation Week! The organization would like to extend a thank you to all of our medical residents for the excellent and compassionate care they provide to our patients. At the Deep River and District Hospital, we are incredibly grateful for the opportunity to continue to host medical residents periodically throughout their rotations as they are such a vital part of our health care team. You may have had the pleasure to meet some of the residents if you have visited the Emergency Department pictured here. From left to right, resident physician, Dr. Carter, alongside Dr. Ben Amor, as well as resident physician, Dr. Crittenden, alongside Dr. Kipp. Thank you again for your dedication and commitment to our patients.

AUXILIARY NEWS

*Auxiliary 2022 Year-End Stats Wrapped:*

<b>Total cumulative hours volunteered:</b>	<b>411,037</b>
<b>Total cumulative funds donated to DRDH:</b>	<b>\$1,751,575</b>

*Thank you so much to all our Auxiliary volunteers for your tremendous support!*





STAFF OUTDOOR ADVENTURE FRIDAYS!

**JOIN US EACH WEEK FOR A STAFF  
OUTDOOR ADVENTURE**

*12:00 pm – 12:30 pm  
every Friday!*

Meet at the front entrance for a short hike  
in the Four Seasons Conservancy.

You're welcome to bring a lunch on the go if  
you're short on time.

We will walk on the snowshoe trails, but  
snowshoes aren't necessary (the trail is  
compacted).

If you're interested but this time doesn't  
work for you, please email  
[James.Thompson@drdh.org](mailto:James.Thompson@drdh.org) and alternative  
adventures may be scheduled.

Let James know if you'd like a calendar  
invite to help block off some nature time for  
yourself.

**REFRESH, RECHARGE,  
REJUVENATE**





## Unhelpful Thinking Styles: traps that can go unnoticed



### ‘UNHELPFUL THINKING’ STYLES CAN INCLUDE:

**Mental Filter:** You pick out a single negative detail and dwell on it exclusively so that your vision of all reality becomes darkened, like the drop of ink that discolors the entire beaker of water.

**All-Or-Nothing Thinking:** In this example, you tend to see only one extreme or the other. “I never do a good enough job on anything I do”. When we judge ourselves or others based on these extremes, without finding a middle ground, it can be very easy to feel negative.

**Overgeneralizing:** You see a single or few negative events as a never-ending pattern of defeat. “I’ve screwed up once, so I know I’ll just keep messing it up”.

**Disqualifying the Positive:** You strongly reject positive experiences by insisting they “don’t count” for some reason or other. In this way, you can maintain a negative belief that is contradicted by your everyday experiences.

**Jumping to Conclusions:** You make a negative interpretation with little or no evidence that convincingly supports your conclusion.

- *Mind Reading:* You conclude that others have negative thoughts and beliefs about you, and you don’t bother to check this out.
- *The Fortune Teller Error:* Consistently predicting that things will turn out for the worst again without any evidence to support this.

**Magnification or Minimizing:** Exaggerating or minimizing the importance of things. This is known as the ‘binocular effect’. You may enlarge (magnify) the positive characteristics of other people and shrink (minimize) your own. You ignore the positives about yourself, discounting them as though they are not important. Have you ever received positive feedback from someone and thought, “They don’t really mean it, they were just being polite”?

**Emotional Reasoning:** Your assumption that emotions necessarily reflect the way things really are: “I feel like a bad colleague, therefore it must be true”.

**“Should” Statements:** It is common to hear people use “I should” and “I must” and it’s not necessarily unhelpful to think this way. However, they can be unhelpful when you use them to put unreasonable demands or pressure on yourself.

### BEING AWARE

There is no need to panic! These thoughts are very common and normal. ‘Unhelpful thinking’ happens automatically and so quickly, without us even noticing. Sometimes the thoughts we have don’t paint a fair picture of what has happened. The examples above can be habitual and are known as ‘unhelpful thinking styles’ because they can affect our mood and often reinforce negative thinking. Research has shown that providing people with psychoeducation about ‘unhelpful thinking’ styles can effectively reduce their negative impacts.

Do you recognize yourself in any of these ways of thinking?

Click here to read the full article by LifeSpeak:

<https://wellness.lifespeak.com/expertblog/unhelpful-thinking-styles--traps-that-can-go-unnoticed--part-1---5733>

## FOUNDATION NEWS



Pictured here, from left to right is Jessica Brum, Tabitha Kearney, Christian Kaiser, Daniel Venne, James Thompson, William Willard, and John Hoyle

## Black Bears Hockey Club Purchases Cardiac Monitor For Deep River & District Hospital

The annual Black Bears Charity Hockey Tournament has made a significant contribution to the Deep River & District Hospital (DRDH) with the purchase of a new cardiac monitor and diagnostic equipment for the hospital's emergency room. The Black Bears Hockey Club, which has been a strong supporter of the hospital since 2016, presented a cheque for \$24,500 to fund the new equipment.

Daniel Venne, one of the lead organizers for the tournament, spoke on behalf of the group, stating, "We are proud to support DRDH and the important role it plays in our community. The purchase of this new cardiac monitor will enable the hospital staff to provide better care in the emergency room, which is something we are pleased to help with."

The Executive Vice-President and Chief Financial Officer of DRDH, William Willard, expressed his gratitude. "We are incredibly thankful for the generosity of the Black Bears Hockey Club and their ongoing support of our hospital. Our emergency room has seen a recent increase in usage and patient acuity levels, making the new cardiac monitor a crucial addition to the facility."

The Black Bears Hockey Club has been a consistent contributor to DRDH, with a total donation amount from their annual tournaments topping \$91,000 since their partnership began. The two groups hope to continue working together to ensure the health and well-being of the community.



FOUNDATION NEWS—Run for Home

**RUN FOR HOME 2023  
REGISTRATION IS NOW OPEN!**

Come and run, walk, or move 2K, 5K, 10K, or a half-marathon to support the Closer To Home campaign at the Deep River & District Hospital on June 24th. All proceeds from this event will go towards building a 96-bed long-term care home to serve the community.

This exciting event will bring the community together to enjoy exercise, nature trails in the Four Seasons Conservancy, food, music, prizes, and more. Plus, every participant will get a complimentary Run For Home t-shirt!

06.24.2023  
**RUN FOR HOME**  
2KM. 5KM. 10KM. HALF

DEEP RIVER AND DISTRICT HOSPITAL  
117 BANTING DRIVE

START AT **8AM**

LIVE MUSIC  
GAMES  
DOORPRIZES  
WALKABLE NATURE TRAILS

REGISTER ONLINE AT [DRDHFOUNDATION.COM/EVENTS](http://DRDHFOUNDATION.COM/EVENTS)

*Entry is by donation with no minimum required to enable maximum participation.*

Register yourself for Run For Home 2023 by [clicking here](#).

Sponsorships opportunities can also be seen by [clicking here](#).

FOUNDATION NEWS—Deep 50/50



**FEBRUARY GRAND PRIZE**

**\$5,762.50**  
#99005080003  
**Teresa Malott**



**The new 50/50 website is live!**



Congratulations P. Mani Mathew of Deep River for winning our \$1,000 February Deep 50/50 Early Bird Prize and a **huge thank you to P. Mani for donating all his winnings back to the cause!**

Congratulations **Teresa Malott** for winning the **\$5,762.50** Deep 50/50 February Grand Prize draw. All of the proceeds from this month will go to build our 96-bed Long-Term Care Home in Deep River.

**CLICK HERE TO VIEW THE DEEP5050.CA REFRESH AND GET YOUR MARCH TICKETS TODAY!**

## 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:



*"Giving has been engrained in me since I was a kid by my parents. And giving can mean so much to folks. It entails giving generously of your time, your talents or literally yourself and of course also your 'treasure'. My parents taught me and backed up those lessons by their actions and deeds by giving of their time, talents, and money. My parents, Tom and Elaine, gave generously and unconditionally to help build up our local community and around the world. The lessons about giving have stuck with me my entire life. Indeed, my wife Jeannie and I carry on with the boldness of giving regularly. We see the benefits of giving throughout our community in the programs and opportunities that are established and maintained here in North Renfrew to help extend a hand up to those who need it. Our giving of time, talent and treasure supports the arts, culture, and in many other ways locally and throughout the world. After my dad passed and my mother needed care, she moved into Four Seasons Lodge (FSL). My mom received excellent care at FSL from everyone that worked and volunteered there. It was thus natural for us to shift some of our focus toward giving of our time, our music, our fellowship and yes, our money, to FSL. Giving, of whatever you can share, supports the building up of community for us all. We all reap the benefits of sharing and being involved through giving. Our gifts and efforts related to giving, brightens the day for everyone in small and big ways. Giving is a humbling way to express love for our wonderful community. Giving is a 'natural state of being' for us. Give-Volunteer-Act."* – **Doug Tennant & Jeannie Tilson**



*"I sent a donation in Clarence Findlay's name. I knew Clarence since the mid 1960's to this year, when he died. His wife Elaine, and I taught together in Matheson, Ontario. They left to settle in Deep River around 1968. I left in 1968 to go to Ottawa. We both kept in touch through the years. I drove up to Timmins to see my family many times over these 54 years. Deep River was a perfect spot for a break. Clarence and Elaine welcomed me with open arms no matter who was with me - sisters, friends, dogs! I stopped for coffee but Clarence and Elaine always had a yummy lunch ready + coffee. Clarence showed us his garden, we sat out on his beautiful deck. We went for walks in the forest behind their home. Their daughter and her hubby have bought a cottage for their family just up the road. They'll be needing a well equipped hospital maybe someday. Elaine is in the same age category as I. Clarence would want Elaine to have a good hospital. So if I can help him a little, to help his family, I hope my donation will. I wish your hospital will be able to get life saving equipment a little easier to help Elaine, her family, and Deep River residents."* – **Sheila Minogue-Calver**



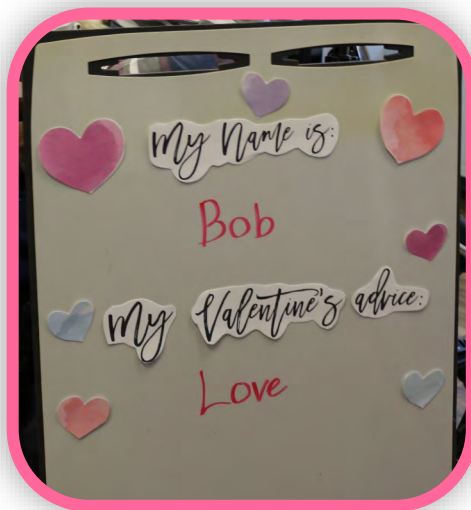
*"I am relatively new to Deep River, but I know that I am here to stay. Already this town has provided so much for me –a job, friends, purpose, and peace. There are many ways to say my thanks for these provisions and I have chosen to support our community by giving to the Foundation. Building this new Long-term Care Home, in my opinion, is so critical for Deep River as it provides a way for our aging community members to stay in the town they've loved for so long. It will also provide many job opportunities –good, stable, jobs for our community. Caring for our elderly and helping bring jobs to Deep River are two causes that I believe in wholeheartedly and are the reason I am proud to support the Foundation by giving weekly."* – **Rebekah Thompson, DRDH Team Member**

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



FOUR SEASONS LODGE NEWS

Residents in the Four Seasons Lodge had some advice to share with all of us on Valentine's Day this year. Check out their words of wisdom below:







*Valentine's Day Menu*

**Special #1**

Hot Turkey Sandwich with Mashed Potatoes, Peas, and Carrots

**Special #2**

Sundried Tomato Chicken Pasta Casserole

**Desserts**

Chocolate Covered Strawberries and Heart Shaped Brownies



Thank you to Ann Kelly, Marian Walsh, and Jessica Mackinnon for pulling off a special Valentine's Day dinner for our residents and their loved ones this year!

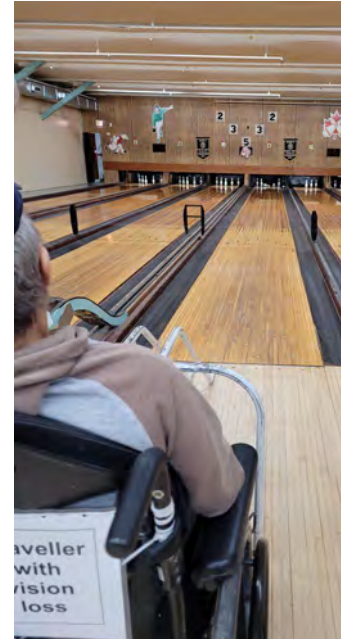




RESIDENTS' COUNCIL CORNER

### Residents' Council Corner

The Four Seasons Lodge's Residents' and Family Council continues to meet on the third Thursday of each month. In February, residents and families worked on their colour selections for the upcoming painting in the Chapel, reviewed volunteer activities such as Bingo and Valentine's Day card making, and provided input into next year's Quality Improvement Plan. The Council also discussed their upcoming outing to go bowling. The bowling outing turned out to be a great success—check out some photos of the day below:



## BE PART OF GOVERNING YOUR COMMUNITY HEALTHCARE

The Deep River and District Hospital, the North Renfrew Family Health Team, and the Four Seasons Lodge Long-Term Care Home (DRDH) is seeking candidates to serve on its Board of Directors and standing Committees.

The DRDH Board of Directors is responsible for governance of the multi-sector organization and guiding its exciting future within the health system. The campus of care at DRDH is expanding, innovating, and modernizing, and the Board of Directors is looking for new volunteers to provide guidance and direction to meet the growing needs of our communities.

The Board of Directors provides crucial oversight for setting the organization's mission and strategic direction, and supports the advancement of strategic goals. Within a skills-based Board, DRDH strives for the composition of the Board to reflect the diversity of the communities served.

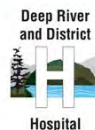
Serving as a Director of a healthcare Board can be an incredibly meaningful and rewarding experience for those looking to contribute to their community. Directors are elected for three-year terms and Patient / Resident Representatives are appointed annually to participate in standing Committees. All Committees of the Board generally meet quarterly or at the call of the Chair, and the Board typically meets monthly – except for July and August.

Join the Board to help ensure DRDH achieves its vision of an excellent, compassionate health care experience, every time. Applicants are invited to bring their skills, experience, and enthusiasm to serve on the Board of Directors or a standing Committee by submitting an application, which is available on the DRDH website or by calling 613-584-3333 ext 7100.

Kindly submit applications to Amy McDiarmid ([amy.joyce@drdh.org](mailto:amy.joyce@drdh.org)) before April 15, 2023.

### Get involved! Join the Board

The Board of Directors for the Deep River and District Hospital, the North Renfrew Family Health Team, and the Four Seasons Lodge Long-Term Care Home is Inviting New Members to Join our Team



**Deadline for applications  
is April 15, 2023  
613-584-3333 x 7100  
[amy.joyce@drdh.org](mailto:amy.joyce@drdh.org)  
[www.drdh.org](http://www.drdh.org)**



## BEWARE OF SCAMS

**A message from Cyberheist News:**

*Internet scammers are trying to benefit from the Turkey-Syria earthquake. The first phishing campaigns have already been sent and more will be coming that try to trick you into clicking on a variety of links about blood drives, charitable donations, or "exclusive" videos.*

*Don't let them shock you into clicking on anything, or open possibly dangerous attachments you did not ask for! Anything you receive about this recent earthquake, be very suspicious. With this topic, think three times before you click. It is very possible that it is a scam, even though it might look legit or was forwarded to you by a friend -- be especially careful when it seems to come from someone you know through email, a text or social media postings because their account may be hacked.*

*In case you want to donate to charity, go to your usual charity by typing their name in the address bar of your browser and do not click on a link in any email. Remember, these precautions are just as important at the house as in the office, so tell your friends and family.*

*It is unfortunate that we continue to have to warn against the bad actors on the internet that use these tragedies for their own benefit.*



## WALK LIKE A PENGUIN—STAY SAFE

Please continue to be careful in the parking lot and keep walking like a penguin.

Spring is not in the air quite yet, and it can still get slippery out there!



## WALK LIKE A PENGUIN

### WINTER WALKING SAFETY TIPS



*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](mailto: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.*