



# THE ZINGER

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

March 2021

MPP Yakabuski was on-site on March 19 to announce the Ministry's commitment to fund a new 96-bed Long-Term Care Home in Deep River!



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MARCH MANDATORY EDUCATION — PAST DUE

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Please see the assigned education for the month of March. This was due to be completed by March 31, 2021. If you have any issues please let Tabitha Kearney know.

**All Staff**

Mission, Vision & Values and Standards of Behaviour

Violence in the Workplace

Code Silver

Code Purple

Privacy – video #1

**RNs, RPNs, PSWs & Dietary**

Nutrition Month

Carbs

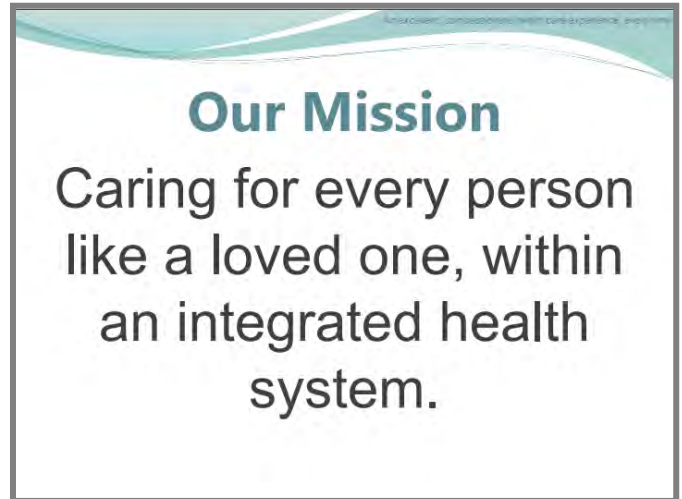
Got Protein?

**IT & Maintenance**

Back Safety

**Housekeeping**

Discharge and vacancy room cleaning – contact precautions



**Our Mission**  
Caring for every person like a loved one, within an integrated health system.



**Our Vision**  
An excellent, compassionate health care experience, every time.



**Standards of Behaviour link to Our Values**

**PIECES**

Partnering	Innovation	Excellence	Caring & Compassion	Ethical, Accountable & Integrity	Safety & Privacy
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## NEW 96-BED LONG-TERM CARE HOME ANNOUNCED AS PART OF THE DEEP RIVER AND DISTRICT HOSPITAL CAMPUS OF CARE



*Pictured from left to right is William Willard – DRDH Vice President of Operations, Janna Hotson – DRDH CEO and Administrator of the Four Seasons Lodge, Richard Bedard – outgoing DRDH President and CEO, Chris Carroll – DRDH Board Chair, MPP John Yakabuski, Mayor D’Eon of Deep River, Mayor Grills of Head, Clara, and Maria, Mayor Reinwald of Laurentian Hills, and Mayor Sweet of Petawawa.*

On March 18, the Ministry of Long-Term Care announced their commitment to fund a new 96-bed Long-Term Care Home in Deep River.

On March 19, MPP John Yakabuski was on-site at the Deep River and District Hospital (DRDH) to make the announcement locally. Mayor D’Eon of Deep River, Mayor Reinwald of Laurentian Hills, Mayor Sweet of Petawawa, and Mayor Grills of Head, Clara, and Maria also spoke at the event to express their enthusiasm for these much-needed Long-Term Care beds for the North Renfrew community.

Expanding on our campus of care, this 96-bed Long-Term Care Home will consist of 86 new beds, as well as the redevelopment of the existing 10 beds within the Four Seasons Lodge. The new development is planned to be located at the Deep River and District Hospital health campus at 117 Banting Drive.

This new Long-Term Care Home furthers our ability to provide excellent, compassionate care, every time. With this new Home, will be able to address the long waitlist our community has for Long-Term Care, allowing those who need Long-Term Care to access it closer to home.

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“Our loved ones deserve nothing but the best, and the best is what we are building,” said Dr. Merrilee Fullerton, Minister of Long-Term Care, during the March 18 announcement. “[This] investment is part of the government’s comprehensive plan to modernize Long-Term Care for generations to come. It will increase access to Long-Term Care, reduce waitlists, and ease hospital capacity pressures.”

The March 18 announcement was a historic one, as the province committed to a \$933 million investment in Long-Term Care which will result in 80 new projects creating 7,500 new spaces and 4,000 upgraded spaces. Of the 80 projects, more than 60 involve the construction of brand-new buildings and 35 involve campuses of care where multiple services will be provided on the same site.

“We are delighted about this commitment by the provincial government that will provide the communities of North Renfrew with additional Long-Term care beds to better meet the needs of our aging population into the future,” said Chris Carroll, Chair for the Board of Directors for the Deep River and District Hospital.

“As an organization, we are thrilled by this announcement today,” said Janna Hotson, incoming DRDH CEO and Administrator of the Four Seasons Lodge Long-Term Care Home. “We have an incredibly talented team of staff and physicians who are dedicated to caring for our community at every stage of life. This new build will expand our ability to care for our community in an integrated care model, and support our local population to maintain connection to their community, stay close to family and friends, and live as they age in their home community.”

During this afternoon’s announcement, MPP Yakabuski said that today is a “tremendous day for Long-Term Care in all of Renfrew County and across the province of Ontario.” MPP Yakabuski thanked the DRDH leadership team for never letting the need for Long-Term Care in this end of the riding fall off the radar. “This is a tremendous community with tremendous support for one another, and I am proud to be the MPP to make this announcement”.



*Top left—Janna Hotson, President and CEO, speaking at the local announcement along with Richard Bedard, outgoing CEO, Mayor Sweet of Petawawa, Mayor D’Eon of Deep River, Mayor Grills of Head, Clara and Maria, and Mayor Reinwald of Laurentian Hills.*

*Top right—MPP John Yakabuski*

*Bottom left—Chris Carroll, Board Chair for the Deep River and District Hospital with Janna Hotson and MPP Yakabuski.*

## COVID-19 VACCINE CLINICS



The Renfrew County and District Health Unit, and Canadian Nuclear Laboratories partnered with the DRDH team to give the first dose of the COVID-19 vaccine to another round of eligible people at the clinic held at the Chalk River Lion's Hall on March 3, 2021.

This was the second off-site clinic completed as part of Phase 1 of the vaccine roll-out.

Working with multiple partners, including those mentioned above, as well as Algonquin College, the North Renfrew Long Term Care Center and local pharmacies, a total of 330 vaccinations were provided at the first two clinics!

Clinics were then held on-site at the Deep River and District Hospital during the first few weeks of March.

All clinics have now been moved back to the Chalk River Lion's Hall, and are being held regularly to provide the first dose of COVID-19 vaccine to eligible groups. The Lion's Hall offers a large venue to better support social distancing for patients and staff.

A huge thank you to everyone who has been working so hard to ensure the ongoing success of our clinics, as well as everyone who has stepped up to be vaccinated. These vaccination clinics are an important step towards keeping ourselves and each other safe.

RENFREW COUNTY COVID-19 VACCINE COMMUNICATIONS COMMITTEE

Our organization has been working with the other Hospitals in Renfrew County, the Renfrew County and District Health Unit, as well as other partners to share information with residents in our County about the vaccine roll-out in our area. Together, we have formed the Renfrew County and District COVID-19 Vaccine Communications Committee.

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 either 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 to folder 1. COVID-19 Vaccine Information*):

## RCD COVID-19 Vaccine Rollout at a Glance

Update: March 30, 2021

### Key Messages

- Eligible people who can currently register for a vaccination appointment can visit [www.rcdhu.com](http://www.rcdhu.com) or [ontario.ca/bookvaccine](http://ontario.ca/bookvaccine). If you can't access the online system, ask a family member or friend to assist you.
- If you can't register online, please call RCDHU at 613-735-9724 or 1-800-267-1097 extension 200. The phone lines will be answered 7 days/week, from 8:00 am - 4:00 pm. **Please leave your name and number, and only leave one voice message.**
- Following the National Advisory Committee on Immunization's recommendation to delay the second dose, **all second doses, except for a minority of classifications, will be administered 16 weeks after the first.** Eligible people will receive notification on when they can register for their second vaccination appointment.

### Local Snapshot

**Total Doses Administered to Date** 14,127

#### Weekly Number of COVID-19 Vaccines Administered

As of March 21, 2021

Week Start Date	Weekly Doses Administered
25-Jan-21	406
08-Feb-21	502
22-Feb-21	1521
07-Mar-21	2915
14-Mar-21	3269
21-Mar-21	2959
28-Mar-21	2555

### Eligible people who can pre-register & book appointments

**Phase 1:**

- People 75 years of age and older (born in 1946 or earlier)
- Indigenous adults 18+
- All healthcare workers
- Anyone receiving chronic home care that have been identified by home health care organizations\*
- All seniors in congregate care residences
- Long-term care and retirement home essential caregivers
- Faith based leaders who, as part of their role, provide end of life care, care of the deceased, home visits to unwell persons, or pastoral care in LTC/RNs or other vulnerable settings

\* This group will receive a call notifying them that they are eligible to register.

### Eligible people who can pre-register but are currently unable to book an appointment

- People 70-74 years of age (born between 1947-1951)

Note: Vaccine appointment availability will be based on the number of doses that RCD receives each week, that it will take a nurse to complete the eligible

For the latest COVID-19 vaccine information visit [www.rcdhu.com](http://www.rcdhu.com)

## COVID-19 VACCINE NEWS BRIEF

MARCH 30, 2021 | EDITION 4

— District Elder in Residence and vaccine recipient, Amy McKean, RN, March 2021

### Local Update

As of March 28, 2021, a total of **14,127** doses of the COVID-19 vaccine have been administered through one of several COVID-19 vaccination clinics across Renfrew County and District (RCD).

Approximately 81% of residents 80 years of age and over have been vaccinated with first doses. **Individuals 75 years of age and older (born in 1946 or earlier)** are now eligible for vaccination in RCD, and Renfrew County and District Health Unit (RCDHU) has begun booking this week. This means RCD is entering **Phase 2** of the RCD Vaccine Administration and Distribution Plan (VDAP).

**Note: All those previously identified as eligible will remain eligible and able to book an appointment.**

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PAGE 1 OF 3

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## COVID-19 Vaccination Appointments Now Open to Seniors 70 Years of Age and Older

There has been tremendous interest and uptake in COVID-19 vaccination so far in Renfrew County and District (RCD). Renfrew County and District Health Unit (RCDHU) is now booking the 70-74 age category, including those born in 1951 that have not yet turned 70. Please note that individuals 75 years of age and older and the other previously eligible groups who have not booked appointments can still do so.

### Eligible people who can pre-register and book an appointment based on availability of vaccine:

1. **People born in 1951 or earlier (70 years of age and older).**
2. All residents and staff of congregate living residences.
3. Faith based leaders who as part of their regular role are at increased risk of exposure to COVID-19 through close contact with persons and families in the following circumstances:
  - End of life care.
  - Care of the deceased, funerals, bathing, or other ceremony with direct contact with deceased persons.
  - Home visits to unwell persons.
  - Pastoral care in hospitals/LTC/RHs or other vulnerable settings.
4. Long-Term Care and Retirement Home essential caregivers.
5. Indigenous residents (on or off reserve) 18 years of age and older.
6. All health care workers.
7. Anyone receiving chronic home care that have been identified by home health care organizations. This group will receive a call notifying them that they are eligible and should book after receiving this call.

Pre-registration and booking means that you are eligible to sign up and receive a vaccination appointment.

### Eligible people who can pre-register only at this time (cannot book an appointment yet):

1. **Residents in the general population born between 1952 and 1956 (65 to 69 years of age).**



**Pre-register only**, means that you **cannot book appointments at this time**. This ensures that residents are readily available should RCDHU receive extra vaccine, and so that staff can plan and prepare for upcoming vaccination clinics. Residents on the 65 to 69 years of age **registration only list** may receive calls offering vaccination if extra doses are available at clinics.

*Continued on next page...*

We are asking residents to please register online when possible as this is the fastest way. Individuals are encouraged to ask a family member or friend to assist if they are unable to book online themselves. If a person is unable to register online, they can call RCDHU at 613-735-9724 or 1-800-267-1097, Ext. 200. Residents are asked to only leave one message with their name and phone number and someone will return their call as soon as possible.

**The health unit is also asking that residents only call the COVID-19 Booking/Registration [number for booking/registering appointments.** Do not call the booking/registration line for questions about eligibility, what you should bring for an appointment, etc. For all other inquiries regarding COVID-19 and vaccine rollout, residents should visit [RCDHU's website](#). For details specific to vaccination registration and appointments (i.e., what you need to bring), visit the [COVID-19 Vaccination Appointment Checklist](#).

Please note that all vaccinations currently taking place are for those receiving their first dose only. All second doses, except for a minority of classifications will be administered 16 weeks after the first. Information about the notification and booking process for second doses is still being developed but will be rolled out as soon as a process is in place. We appreciate your patience.

For more information, visit RCDHU's website at <https://www.rcdhu.com/novel-coronavirus-covid-19-2/> or call 613-732-3629 or 1-800-267-1097.



Arnprior & District Family Health Team



## HOSPITAL INCREASES VISITOR RESTRICTIONS

The COVID-19 situation is changing rapidly, both locally and across the Province of Ontario. The afternoon of March 31, the Province of Ontario announced that a 4 week 'emergency brake shutdown' is beginning April 3. As such, increased visitor restrictions have been put in place to protect our patients, residents, and staff.

The Renfrew County and District Health Unit has reported 87 new cases of COVID-19 in the first 29 days of March, with 28 of these cases being identified in the last 8 days. Renfrew County has also begun to see cases involving variants of concern (VOC). In total, the Health Unit has reported 13 cases involving a VOC recently. VOCs have shown to be more transmissible, and have an increased risk of hospitalization, and death. There are more Renfrew County and District patients hospitalized for COVID-19 than ever before, at either the Pembroke Regional Hospital or in Ottawa.

With the Renfrew County and District Health Unit, and all other Health Units in Ontario, moving into this shutdown, direction has been received to increase restrictions in order to prevent further spread of COVID-19 and protect our staff, patients, and residents.

As of March 31, the following protective measures have been implemented:

1. **Visits are limited to one designated visitor per patient. The listing of a designated general visitor can be changed only at the discretion of the hospital.**
2. **For patients nearing end of life, two designated visitors per patient will be permitted. Exceptions are only at the discretion of the hospital after considering the ability to physically distance and manage additional volume.**
3. **It is strongly recommended that designated visitors are from Renfrew County and District only, as neighbouring regions are in a more precarious situation than our region.**



At this time, general visitation for Emergency Department patients or accompaniment for outpatient appointments remains restricted at the Deep River and District Hospital.

Thank you in advance for your understanding and cooperation in these challenging times. We will continue to monitor the COVID-19 situation in our community and may adjust visiting policies as necessary to keep the safety of patients, residents, and staff at the forefront.

The organization will continue to make every effort to support the safety and emotional wellbeing of patients and residents, and will share further updates as direction is received from Public Health.

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NEW HIRES



Monica Friesen



Terri Frier



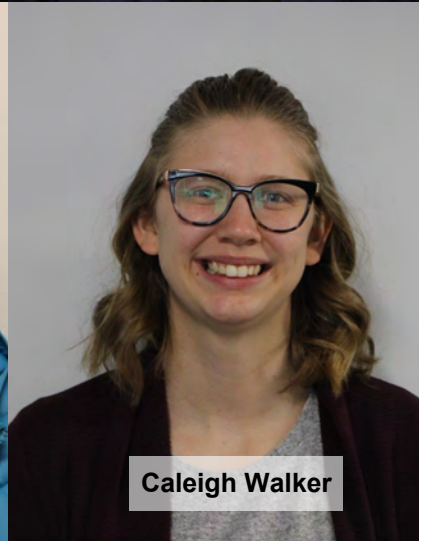
Natalie Lariviere



Debbi McGilligan



Sharon Vardy



Caleigh Walker

This month we are thrilled to welcome 6 new members to our team. Monica is a Registered Nurse, and Terri, Natalie, Debbi, Sharon, and Caleigh will all be providing administrative support for our COVID-19 vaccine clinics. We are also pleased to welcome back Emily Elliott as a Screener and Nancy Robertson, Registered Nurse.

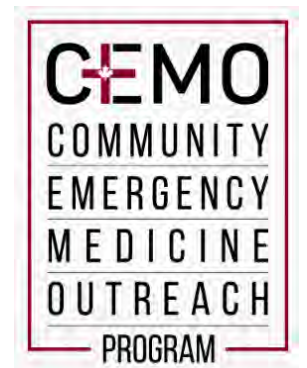
*welcome*

COMMUNITY EMERGENCY MEDICINE OUTREACH EDUCATION

At the end of last year, the Nursing and Physician groups were asked to provide topics for an education session hosted by the Community Emergency Medicine Outreach program. Thanks to input provided, the free virtual sessions, held on March 3, covered the following topics:

- Clinical Decisions Rules in the ED**
- Procedural sedation in the COVID Era and Sepsis and Septic Shock.**

Thank you to the Community Emergency Medicine Outreach Program for hosting this education. Each session was able to be attended by 11 of our Registered Nurses and Physicians.



HAPPY RETIREMENT RICHARD!



Thank you to everyone who joined us for the surprise BBQ on March 29 in honour of Richard Bedard’s retirement. We wish Richard all the best in his retirement after 33 years in healthcare, and this last 5 years as President and Chief of the Deep River and District Hospital, Four Seasons Lodge, and North Renfrew Family Health Team.

Since Richard and his wife Tracey are moving to be closer to their family, we provided Richard with a basket of local things “to remember us by”. He will be sure to recall fond memories of us while sporting his “G’Day from the Valley” toque, sipping a warm cup of Madawaska Coffee or Barron Canyon Tea, while snacking on some of Chef Bill’s drunken jams...you get the idea ;)

Thank you for your leadership Richard, we wish you all the best in this next phase of life!

## A NOTE OF THANKS FROM RICHARD BEDARD

Below is a note of thanks from Richard during his last week before retiring from his role as President and CEO of our organization:

*As I enter my last few days of work, I want to convey to everyone how you have made the last 5 years a great experience for me here in Deep River. It has been a great honour and pleasure to be a part of this team. Together, we have rebuilt, strengthened and modernized our organization so that we can serve the patients, residents and community.*

*It has been my great privilege to work with an exceptionally dedicated and skilled team of executives and managers who lead a very talented group of staff, and to work collaboratively with a medical staff who are committed and dedicated to the health of those entrusted under their care. I am exceedingly grateful for all of the long hours and hard work the organization's employees have put in to boost the organization from a building that houses a number of healthcare services to an organization that "cares for every person like a loved one, within an integrated health system". These are not accomplishments a CEO makes alone. These are achievements that require a committed team of gifted, tenacious individuals who come together to work relentlessly for a common set of goals. I want to express gratitude for our doctors, nurses, technologists and supporting staff members, especially this past year for their tireless work in the battle against COVID-19.*

*In order for this team to deliver, volunteer support is required. Foundation and Auxiliary support has been very much appreciated and is pivotal to the ongoing success of the organization. The commitment of volunteers as well as that of the local municipalities and other community partners creates a supportive network for our organization. Thank you to the Board of Directors for their leadership, concern for those entrusted to our care and their wisdom. I could not have asked for a more supportive Board.*

*I am proud of what we have achieved and this is an amazing place to work. Building on the strengths of our health campus, it was absolutely thrilling to receive the fantastic news last week (before I retire) regarding approval from the Ministry for additional long term care beds. I am confident that the new facilities will radically advance our model of care both in the short term and for many years to come.*

*It has been an honor to lead the Deep River and District Hospital, the Four Seasons Lodge, the North Renfrew Family Team and the Deep River Physiotherapy Center these past 5 years and to serve patients, residents and our communities. I am convinced that the organizations that comprise the North Renfrew Health Campus will continue to be an increasingly strong force in local care delivery and will bring innovative ideas and create opportunities to meet patient, resident and family needs both in the short term and well into the future.*

*As many of you know, one of my passions is my family. As such, my wife and I look forward to retiring to spend increased time with our girls. It has been my pleasure to lead the team at Deep River and District Hospital. I will treasure the friendships I have cultivated during my tenure here.*

*Thank you for the opportunity to serve as your CEO since my arrival in May 2016.*

*With gratitude and warm regards,*

*Richard Bedard*



**BATHROOM UPGRADES**

Please be advised that we have some exciting renovations beginning on March 29 and lasting approximately 3 weeks.

We received feedback from staff that the staff washrooms were in need of updating and repairs. Thank you to those who provided this feedback. Beginning Monday March 29, we will have contractors on site completing these much needed upgrades.

They will be working one washroom at a time to minimize the impact of this work, however the washroom will be out of order during this work and locker rooms attached to the washrooms will have high traffic. We anticipate roughly 1.5 weeks of work for each washroom.

During these renovations, staff are reminded of the other washrooms available in the building:

- Back section of physiotherapy space
- Emergency department
- Outside of the classroom
- Nursing station on medical

We apologize for the inconvenience and will work to have these upgrades done in a timely manner. Should you have any questions, please do not hesitate to reach out to William Willard or Scott Goodchild, Manager of Building and IT Services.

Stay tuned for more exciting information regarding dedicated staff space in the near future.



**ONTARIO VOLUNTEER SERVICE AWARDS**

The Deep River & District Hospital Auxiliary has 12 members this year who were presented with Ontario Volunteer Service Awards in recognition of their long-standing service. This award is presented yearly to volunteers by the Ontario Government. Due to the ongoing pandemic, the awards were presented to the volunteers on March 24 via a ZOOM event.

Congratulations to each and every recipient and thank you for your commitment to supporting our hospital through the Auxiliary!

<b>Darlene Cook – 10 years</b>	<b>Marie Schankula- 10 years</b>	<b>Marilyn Yeatman – 15 years</b>
<b>Jane Pecoskie – 10 years</b>	<b>Louise Wachsmann – 15 years</b>	<b>Joanne Vollmer – 15 years</b>
<b>Le-Ann Baker – 10 years</b>	<b>Arlene Paquette – 20 years</b>	<b>Reg McLeod – 10 years</b>
<b>Donna Frew – 15 years</b>	<b>Rebecca Paquette – 5 years</b>	<b>Claire Kennedy – 10 years</b>



## COUNCIL LOOKING TO IDENTIFY COMMUNITY NEEDS DURING PANDEMIC

The Patient and Family Advisory Council serves in an advisory capacity, providing feedback and input related to the experience of patients, residents, and their families at the Hospital, Four Seasons Lodge, and Family Health Team. Members of the Council share ideas on how to improve the patient / resident experience, advise on strategies to enhance partnerships with patients, residents, family members, and caregivers, as well as provide input into annual quality initiatives. The volunteer members of the Council meet an average of four times a year, now safely from the comfort of home.

At the last virtual meeting in January, the Council decided that meeting highlights should be shared with the community, in order to showcase the work and activities carried out by the Council.

At each meeting, the Council reviews reports relating to quality and risk indicators, which track the quality of care provided and patient outcomes. Examples of quality and risk indicators include incidents of workplace violence, falls, medication errors, and the development or worsening of ulcers.

In January, the Council reviewed a Briefing Note detailing the organization's recent influenza vaccination campaign. With staff immunizations, immunization of primary care patients of the Family Health Team, and community immunization clinics combined - the 2020-2021 influenza vaccination campaign provided over 1,400 members of our community with flu shots.

Progress on the organization's Patient Safety and Accessibility Plans was also reviewed by members of the Council. Both plans cover goals and action items from 2018-2021, and the Council looks forward to providing input into the next plans as they are developed later in the year.

Results of the Four Seasons Lodge's annual Resident and Family Satisfaction Survey were reviewed. Results from this past year show a high overall satisfaction, but the survey also helped identify areas for improvement. The Council discussed affects of the COVID-19 pandemic and visiting restrictions on residents, which can be seen through the survey and other reports.

As the organization continues to respond to direction from the regional and provincial emergency operations centers, they are also responding to the needs of our local community. The recent influenza clinics, and the ongoing COVID-19 testing center, are two examples of initiatives that have been carried out to meet needs of our patient population. Advisors play a key role in providing insight into community, patient, and resident needs in relation to the COVID-19 pandemic.

In fact, providing insight into community, patient, and resident needs in relation to the COVID-19 pandemic is the primary goal the Council has set for themselves this year. In addition, the Council aims to stabilize, diversify, and grow membership as well as maintain connection to the community through information sharing.

If you are interested in serving as a volunteer member of the Patient and Family Advisory Council, please submit your expression of interest to Amy Joyce by email at [amy.joyce@drdh.org](mailto:amy.joyce@drdh.org) or by phone at 613-584-3333 x 7100.



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1 YEAR ANNIVERSARY

March 11th marked the one year since the declaration of the COVID-19 pandemic by the World Health Organization.

Healthcare organizations and associations throughout the province observed the anniversary with a shared campaign and vigil. Read more at: <https://rnao.ca/news/media-releases/health-organizations-ask-everyone-mark-one-year-anniversary-covid-19-pandemic>.

Since the declaration of the global pandemic one year ago, we have all as part of the healthcare community experienced a collective stress, trauma and fundamental changes that bring uncertainty to every aspect of what we do everyday. Despite this, over the past year each and every one of us has shown how much of an impact we can make on others. We have seen amazing dedication to our professions, our callings and roles within our organization and broader, and an amazing commitment to our community that has helped us to carry forward our vision to continue to provide an excellent, compassionate healthcare experience, every time. This amazing commitment from everyone in our organization has sustained us through the ongoing stress from constant change, fear of infection and illness, new work environment and practices, emotional separation from friends and family and the strain of continuing to care for others amidst all of it.

Our journey through this pandemic is not yet over. No matter what comes next, remember none of us alone and because of that, we have an immense amount of strength for us to make it through together.

*Janna Hotson, DRDH President and CEO*



EPIC PLANNING

At the Board of Directors Meeting in March, an education session was provided by Shafique Shamji, Executive Vice-President & Chief Information Officer from The Ottawa Hospital. In preparation for our organization’s upcoming transition to the Epic Hospital Information System, Shafique provided an overview of the implementation process and timeline followed by the Atlas Alliance, who were the first group of organizations that went live with the Epic along with The Ottawa Hospital.

## A MESSAGE FROM THE HOOPP CEO

As the public health crisis resulting from COVID-19 continues, we want to express our deepest gratitude to you and your employees. Over the past year, you have faced unparalleled challenges while playing a critical role in helping lead us through the pandemic. We appreciate everything you do and we are proud to serve you, as we strive to provide our members with pension peace of mind.

I am pleased to say that, despite the incredibly difficult market conditions in 2020, at year-end the Plan remained more than fully funded at 119%, with net assets rising to an all-time high of \$104 billion as a result of an investment return of 11.42%. You can learn more about HOOPP's results by viewing our *2020 Highlights* and *2020 Annual Report*, available on the [Plan performance page](#) on [hoopp.com](#).

I am also pleased to announce that, based on the Plan's strong performance over time, **HOOPP's Board of Trustees has approved a benefit improvement for active members**. The improvement will give eligible members an increased lifetime pension. We are very pleased to be able to provide this benefit at a time when active members are feeling such stress and hardship. The benefit improvement is effective April 1, 2021; more information can be found on [hoopp.com](#).

Though there may be more economic uncertainty ahead, I want to assure you that the Plan remains strong. We will continue to be here for you and your employees, providing a secure retirement income today and for many years to come.

I encourage you to call me directly if you would like to discuss HOOPP's results or the benefit improvements. I can be reached at (416) 350-4777.

*Jeff Wendling*

*President & Chief Executive Officer /  
Chief Investment Officer*

HOOPP



**HOOPP**  
Healthcare of Ontario  
Pension Plan

## BETTER SLEEP FOR BETTER HEALTH—LIFESPEAK MARCH CAMPAIGN



The Link Between Sleep and Health



How Much Sleep Do I Need?



Good Sleep Hygiene and Insomnia

The featured campaign from LifeSpeak in March was all about sleep. Click on the photo here to access any of these great videos.



Getting Better and Deeper Sleep



Combating Fatigue



Better Sleep: Frequently Asked Questions

Stay tuned for some great information coming in April—it's all about getting your house in order! Lifespeak will cover getting your finances, work life, and physical health in order.



## 6 STEPS TO A BETTER NIGHT'S SLEEP



The question of how much sleep one needs varies from one person to the next and the answer changes throughout our lifetimes. Generally, if you wake up feeling rested: you've gotten enough sleep. On the contrary, if you're waking up tired, these six steps should help you get a better night's sleep. *Shift workers: you can adapt these tips based on your work schedule to help you set a more regular routine.*

### PAY ATTENTION TO YOUR CURRENT SLEEPING HABITS

You may be unintentionally sabotaging your sleep. Keep an eye on these:

- **Napping** – If you feel the need to nap, it's best to do so early on in the day and to keep that nap under 25 mins to avoid interfering with your night's sleep cycle.
- **Caffeine** – pay attention to your consumption of caffeine, both in terms of quantity and timing. If you're sensitive to caffeine, it's best to avoid it after 2 pm.
- **Exercise** – Getting at least some physical activity during the day can help you fall asleep at night.
- **Exposure to sunlight** – Going outside during the day helps your brain recognize that it is daytime and when you should be awake.
- **Stress and worry** – Worrying about how little sleep you are getting increases your chances of experiencing sleeping issues.

### CONSIDER THE ROLE OF YOUR BED IN YOUR LIFE

You want to associate your bed with sleep. When you go to bed, avoid activities such as reading the news, playing on your phone, or checking your email. If you can keep electronics out of the bedroom altogether, even better! Sleep experts recommend reserving your bed for sleep and relaxing activities only. This will help your body associate your bed with sleep and put you in the right state of mind come bedtime.

### KEEP REGULAR SLEEPING HOURS

One of the most effective ways to promote a good night's sleep is to set a consistent sleep schedule with regular bedtimes and rising times. This will help you establish a healthy sleep pattern and regulate your sleep/wake cycle by strengthening your circadian rhythms (AKA your internal clock).

### RELAX

Taking the time to unwind before your set bedtime will help you feel sleepy and ready for a good night's sleep. These slower and relaxing activities will send signals to your body and mind that it's time to wind down.

### ONLY GO TO BED WHEN YOU FEEL SLEEPY

There's no reason to go to bed if you're not sleepy. Going to bed early when you're still fully awake may leave you feeling frustrated.

### CAN'T SLEEP? GET OUT OF BED FOR A BIT

If you notice your mind is spinning, you keep staring at the clock and can't fall asleep: get out of bed. Aim for 15 or 20 mins of a relaxing or boring activity to help you reset. Pay attention to how sleepy you are feeling then. Avoid turning on bright lights or doing activities that will energize you. Once you notice you're feeling tired, go back to bed.

Article adapted from Lifespeak [https://wellness.lifespeak.com/expertblog/5195?utm\\_source=sharelink&utm\\_medium=custom-message&utm\\_campaign=wellness](https://wellness.lifespeak.com/expertblog/5195?utm_source=sharelink&utm_medium=custom-message&utm_campaign=wellness) This month from LifeSpeak Better Sleep for Better Health

## HAPPY HEALTH INFORMATION PROFESSIONALS WEEK



Health Information Professionals Week was celebrated in March this year. Pictured here, from left to right, is our amazing Medical Records Team (including Health Information Professionals *Cara and Evelyn*): Jillian Keyes, Evelyn Brunette, Melinda Lorbetskie, Debbi Avery-Crain, and Cara McGuire.

HIP Week 2021 is all about how the Health Information Profession will impact the future, and how the future will impact the Health Information Profession.

Click here to find out more:

<https://hipweek.ca/>

## PHARMACY AWARENESS MONTH



**MARCH IS**

**Pharmacy  
Awareness Month**

Each March Pharmacy Awareness Month (PAM) celebrates the contributions that pharmacists make to our health care system. This month, we want to provide recognition to our Pharmacy Technicians **Tova Greenberg** and **Bev Bergin** for everything that they do for our patients. Find more information about PAM at <https://www.pharmacists.ca/news-events/events/pharmacist-awareness-month-pam/>

## DIETITIAN'S DAY—MARCH 17, 2021

Dietitian's Day was celebrated on March 17, 2021. We want to provide special recognition to our Dietitian, **Erica Van Drunen**, for everything that she does for the health of our patients and residents.

Dietitians Day helps raise the profile of all dietitians and encourages and attracts others to this profession to help shape the future of eating and healthy living for all Canadians. Click here for more information: <https://www.dietitians.ca/Advocacy/Nutrition-Month/Dietitians-Day>



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PATIENT Podcast

The Canadian Patient Safety Institute (CPSI) is excited to launch 3 new episodes of the award-winning PATIENT Podcast! The first episode delves into the drastic shift to virtual care since the pandemic and how we can adapt to the change. The second episode discusses health worker safety - how mental health affects all of us even those who treat it, and that patients deserve healthy healthcare workers. The final episode celebrates the impact of CPSI as the champions of patient safety in Canada.



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 —> 2020-2021.

*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 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.*