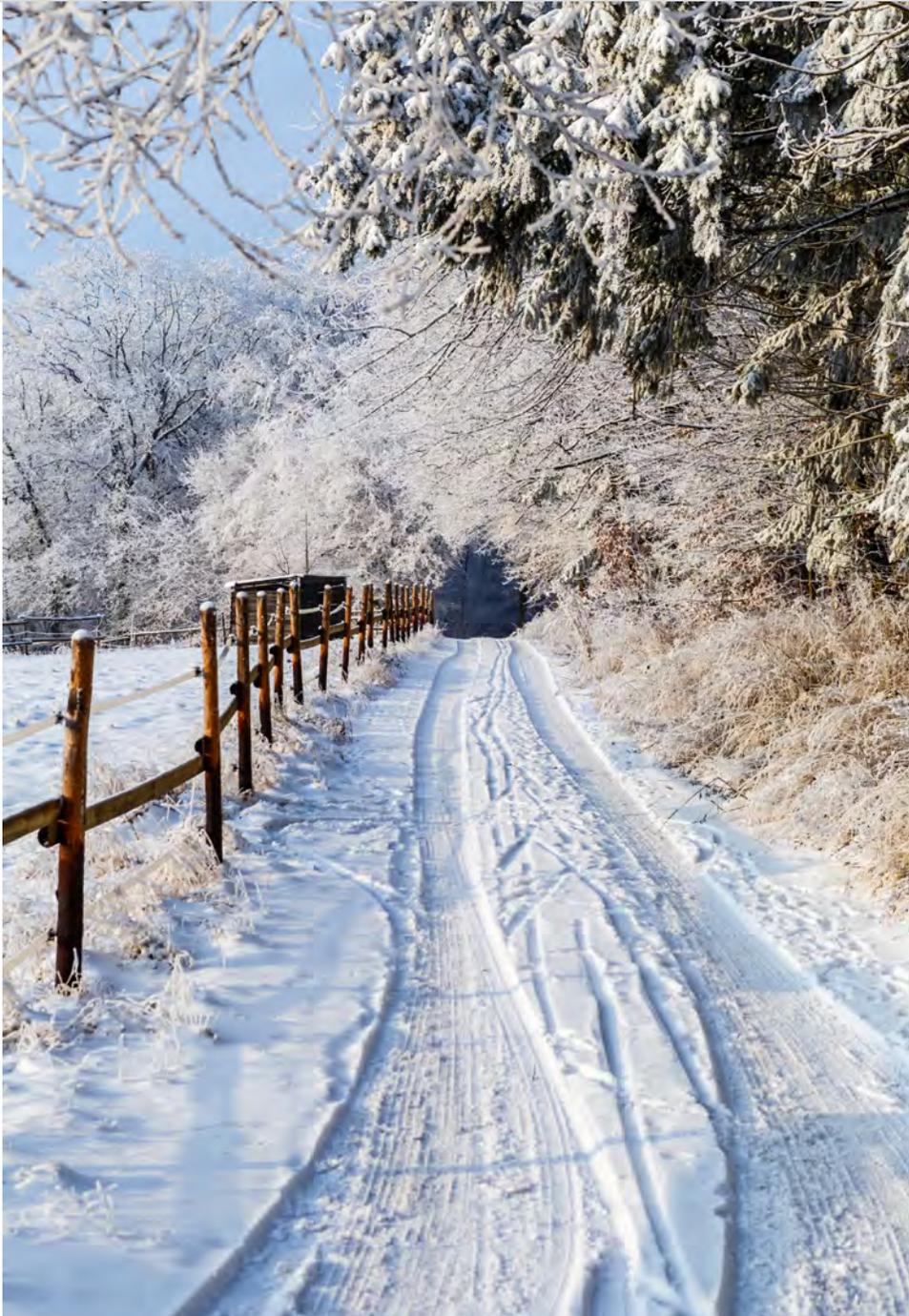


North Renfrew  
Family Health Team

# THE ZINGER

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

*January 2022*



## Inside This Issue:

EPIC COUNTDOWN	2 - 3
MANDATORY EDUCATION	4
FUNDRAISING NEWS	5
CLINIC UPDATES	6 - 7
STAFF HAPPENINGS	8
REGIONAL CAPACITY	9
TIPS TO OVERCOME PANDEMIC FATIGUE	10
MEMOS	11
NEWS RELEASE	12
FOOD BANK ANNUAL REPORT	13
CLASSROOM USE	14



# COUNTING DOWN TO EPIC GO-LIVE

10 MONTHS  
AWAY!

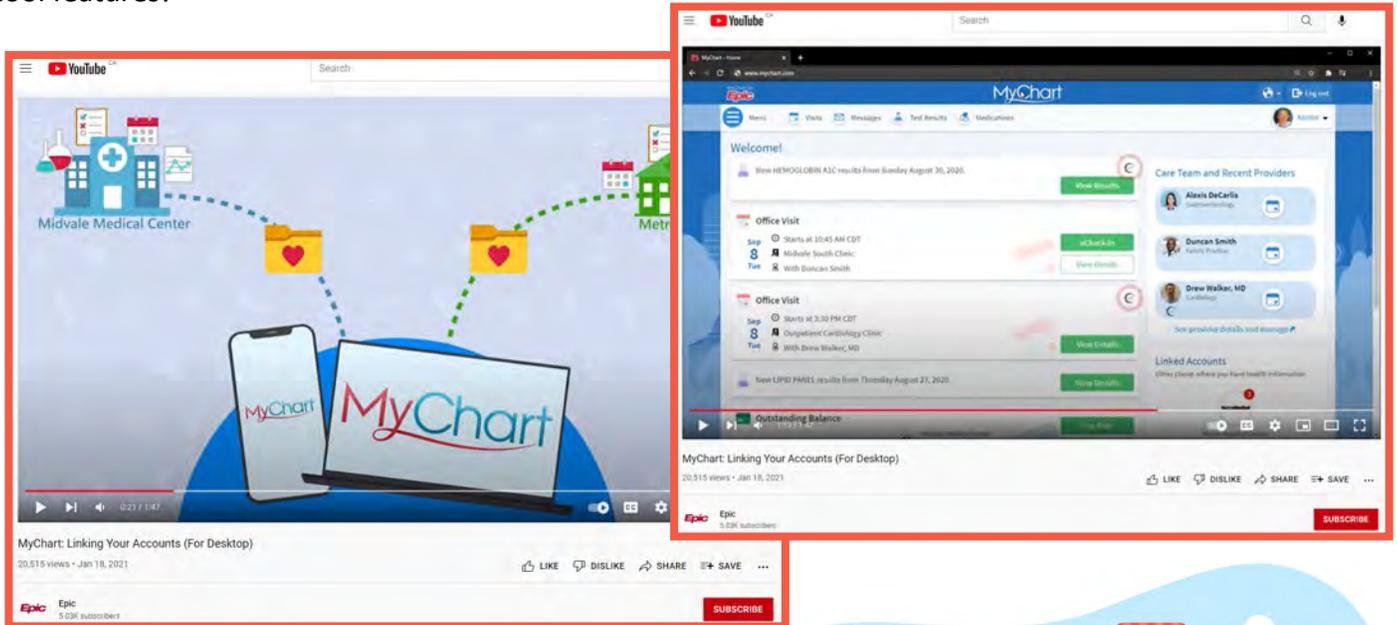


# COUNTDOWN TO EPIC!

## 10 MONTHS AWAY

Our Epic implementation is progressing well, and it is planned that the “build” phase will be coming to an end this month. The Epic implementation team is busy behind the scenes planning for the next phase of our implementation, which is “testing and operational readiness”.

Click on either of the photos below to watch a short video and learn more about “MyChart” which is one of the most exciting components of Epic. You can also [click here](#) to check out the full list of MyChart’s cool features!



Please stay tuned for more exciting information about EPIC in our monthly EPIC updates!



MANDATORY EDUCATION—due by February 28, 2022

After being put on hold for the month of January, mandatory monthly education has now resumed

Please see the assigned education for the month of February. This is due to be completed by February 28, 2022. If you have any issues kindly let Mary Goodchild know.

**All Staff:**

- Mission, Vision & Values, Standard of Behaviour (Code of Conduct)
- Abuse & Neglect – Zero Tolerance and Mandatory Reporting Policy
- Whistleblower Policy
- Workplace Violence Prevention Policy

**Housekeeping/Laundry**

- RICN Best Practices for Environmental Cleaning Module 4b – General Cleaning

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

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

**PIECES**

Partnering	Innovation	Excellence	Caring & Compassion	Ethical, Accountable & Integrity	Safety & Privacy
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THANK YOU TO THE CNEA AND CNL!



On January 26, 2022, Canadian Nuclear Laboratories' Vice-President of Business Management and Chief Financial Officer, Monica Steedman (right), was onsite to present the organization with a \$1,000 donation. Pictured here accepting the donation are Janna Hotson, DRDH President and Chief Executive Officer, and James Thompson, DRDH Community Engagement and Fundraising Coordinator.

The funds were provided by the Canadian National Energy Alliance (CNEA) for Canadian Nuclear Laboratories (CNL) staff to invest in social causes and projects in their local communities. We are so grateful that the staff at CNL chose our hospital as one of the many organizations they were able to support through this great initiative—thank you!

Thank You  
FOR YOUR  
SUPPORT

VACCINE CLINIC NEWS



During the month of January, our organization held four clinics at the Chalk River Lion’s Hall to provide COVID-19 vaccinations to members of our community.

Clinics were held on January 7, 13, 20, and 27 and were able to provide vaccinations to a large number of people through booked appointments, and also accommodate a significant number of walk-ins!

It is planned that clinics will be continuing into February!

Any staff member and their household contact in need of a vaccine can make an appointment, or drop in to the community clinics in February.

Appointments can be booked through the provincial booking system at: <https://covid-19.ontario.ca/book-vaccine/>



Thank you to everyone who has received their third dose of COVID-19 vaccine.

To date, **91% of our team has received a 3rd dose!**



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 regularly 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: February 02, 2022



### Key Messages

- The COVID-19 vaccination clinics across RCD accept walk-ins. [Be sure to check the most recent clinic schedule](#) for 5-11 walk-in availability, as not all clinics have vaccines for children (5-11).
- Residents can book an appointment in **Pembroke or Deep River** through the [Provincial COVID-19 vaccination portal](#) or by calling the **Provincial Vaccine Contact Centre at 1-833-943-3900**. Residents that are unable to book online or do not have an Ontario Health Card can call RCDHU's COVID-19 Vaccination Information Line at 613-732-9436 or toll free at 1-833-773-0004.
- To obtain proof of your COVID-19 vaccination(s) with the official QR code, visit: <https://covid19.ontariohealth.ca/>. Ensure you have your health card with you. **If you cannot print your proof of vaccination, ask a trusted family member or friend or visit your local library.**
- Eligible residents (18+)** can receive their third dose this week, if they received their second dose of the COVID-19 vaccine **on or before November 07, 2021**.

### Local Snapshot

As of 8:00 a.m. January 31, 2022

Total doses administered to date*	<b>214,703</b>
Percentage of population (12+) with at least 1 dose**	<b>91.3%</b>
Percentage of population (12+) with 2 or more doses**	<b>88.7%</b>



It is advised that **all residents in the general population 5 years of age or older (including those who are, or plan to become, pregnant)** receive their COVID-19 vaccine. It is important to be fully vaccinated as quickly as possible, as vaccines are safe, effective and the best way to protect you and those around you from serious illness.

### Local Snapshot

As of 8:00 a.m. January 31, 2022

Total doses administered to date*	<b>214,703</b>
Percentage of population (12+) with at least 1 dose**	<b>91.3%</b>
Percentage of population (12+) with 2 or more doses**	<b>88.7%</b>

\*Does not include Armed Forces  
\*\*Includes Garrison



Renfrew County and District COVID-19 Vaccine Communications Committee

## COVID-19 VACCINE NEWS BRIEF

DECEMBER 31, 2021 | EDITION 33

### COVID-19 Booster Dose Eligibility Expands to Adults Aged 18+

**Effective Monday, December 20th**, the Renfrew County and District Health Unit (RCDHU) and its partners expanded eligibility for the COVID-19 vaccination third dose (booster) in line with the province, meaning that everyone 18 years of age and over who received their second dose a minimum of 84 days ago is able to book an appointment.

RCDHU cautions that appointments in our region won't be readily available for at least a week or more as efforts to once again ramp up vaccine distribution must first take place. Major plans are underway to significantly ramp up distribution in the region, with the biggest increases in available appointments coming by the first week of January.

In the meantime, those looking to book an appointment locally can do so via the following online link: <https://www.rcdhu.com/booking-your-covid-19-vaccine/>.

Residents can also visit local pharmacies for vaccination opportunities.

Full details at: [RCDHU Asks Residents to Be Patient as Ontario Rapidly Expands Third Dose Eligibility, and All Ontarians 18+ Eligible for COVID-19 Booster Appointments at Three-Month Interval](#).

### Province Strengthens Proof of COVID-19 Vaccination Requirements

**Effective January 4, 2022**, use of the enhanced vaccine certificate with QR code is required and the Verify Ontario app in settings where proof of vaccination is required. The QR code can be used digitally or by printing a paper copy. Individuals can download their enhanced certificate with QR code by visiting <https://covid-19.ontario.ca/book-vaccine/>.

#### Clinic Update

- Vaccination clinics will be open to all residents born in 2009 or earlier for first or second doses of the COVID-19 vaccine. Third doses will also be available for those who are eligible.
- Dedicated vaccination clinics will be open to all residents born in 2010 or earlier for first doses of the COVID-19 vaccine.
- Continue to monitor [www.rcdhu.com](http://www.rcdhu.com) and RCDHU's Facebook and Twitter for clinic announcements.

Please continue to monitor the booking site for new clinic dates and times.

Appointments are added often to meet the demand for COVID-19 vaccinations.



PAGE 1 OF 3

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NEW HIRES



Kelly Adams

Josie Mick

Julie Nighswander

Ann St-Pierre

Pyper Duff

Ethan Law

Rebekah Thompson

Hala Zahlan

This month we are pleased to welcome nine new members to our team! **Kelly** and **Josie** are Registered Practical Nurses (RPNs), and **Julie** and **Ann** are Registered Nurses (RNs). **Pyper**, **Ethan**, and **Rebekah** are screeners and **Hala** is a student who will be working in Dietary. Please join is in extending a warm welcome to our organization!

welcome



We are also happy to share that **April Wolfram** has joined our organization this month as the Manager of Clinical Services – Primary and Ambulatory Care.

April comes to us with a variety of clinical and leadership experience, including Long Term Care, Care Coordination and Clinical Education.

Please help us in also extending a warm welcome to April as she joins our organization!

CONGRATULATIONS JENNY



Congratulation to Jenny Hickson, who received her Gerontological Nursing Certification this month!

We are so proud of you Jenny, and your commitment to ongoing learning to better care for older members of our community.



ADDITIONAL IN-PATIENT BEDS



In order to support capacity across the region, the organization has added additional inpatient beds to receive additional patients, including mild to moderately ill COVID positive patients.

Enhanced precautions have been implemented in both acute and long-term care as the organization is now admitting COVID-19 positive patients.

Pictured here, getting the additional beds ready for occupancy is Jenny Hickson, Manager of Clinical Services and Director of Care.

A huge thank you also goes out to Sarah-Lynn Parker, Brandy Raven and Sue Elliot for their efforts in preparing our organization to care for additional patients.



FOOD SHORTAGES

With the product and supply shortages that we face day to day in the pandemic, the Dietary department has had some food shortage challenges.

The menu must be altered periodically due to food availability and we apologize for any inconvenience.



## 10 Things You Can Do Right Now to Overcome Your Pandemic Fatigue



### RELEASE THE TENSION WITH A YOGA POSE

Acknowledging the tension in your body is not only where the physical detox starts, but also where the mental and emotional detoxes begin. With the help of a child's yoga pose, you can liberate your tension and give yourself the gift of feeling relaxed again.

### MANAGE ANXIOUS THOUGHTS

Don't try to ignore anxious thoughts or tell yourself not to think them. Instead, try to separate what is a real fact versus what is something you are afraid of, but is not likely to happen.

### GET A HANDLE ON YOUR EMOTIONAL EATING

Acknowledging the feelings that are the trigger for the negative eating pattern is a great first step in

### BECOME MORE COMFORTABLE WITH CHANGE

Having problems adapting to change? Strengthen your resilience muscles. You can work on developing the emotional strength to protect yourself from feeling overwhelmed, to build defenses against distress, anxiety, and illness, and to restore balance in your life during difficult times.

### LET GO OF THE WORK-LIFE BALANCE MYTH

Work will always be abundant and challenging, and life's demands will always change and present unexpected curveballs. So, this thing that we're talking about - which some have re-named work-life integration or work-life blending - may not even need a title. It's not a fixed goal or a prescribed formula, but rather a lifelong process that requires constant reflection and reimagination through different stages of your life and work.

### TACKLE FEELINGS OF SOCIAL ISOLATION

Getting out in nature can really help boost your mood and make you feel less alone than being cooped up in your home.

### TRY A DIGITAL DETOX

If you use technology in your work, try mini detox sessions liberating myself at least 2 hours a day from social media platforms and longer on weekends.

### MANAGE HEALTH ANXIETY

Take the potential mental energy of the anxious response to stress and focus it on something

### BOOST YOUR ENERGY

Try changing your mindset to be more present and joyful. Being mindful and present as well as developing a meditative practice can also boost your energy mentally.

### REGAIN YOUR MOTIVATION TO EXERCISE

Studies show that short bursts of exercise are just as effective as longer sessions, as long as you do it with some gusto.

Click here to read the full article by LifeSpeak: <https://wellness.lifespeak.com/expertblog/10-things-you-can-do-right-now-to-overcome-your-pandemic-fatigue--5501>

## 2022 STATUTORY HOLIDAYS

The following is a list of statutory holidays to be recognized at the organization in **2022**:

HOLIDAY	PREMIUM DAY (If Worked)	DAY RECOGNIZED (If not a normal working day)
New Year's Day 2022	January 1	January 3
Family Day (ONA/Non Union)	February 21	February 21
Good Friday	April 15	April 15
Easter Monday	April 18	April 18
Victoria Day	May 23	May 23
Canada Day	July 1	July 1
Civic Holiday	August 1	August 1
Labour Day	September 5	September 5
Thanksgiving Day	October 10	October 10
Remembrance Day (ONA/Non Union)	November 11	November 11
Christmas Day	December 25	December 26
Boxing Day	December 26	December 27
New Year's Day 2023	January 1	January 2

## PORTABLE AIR FILTRATION DEVICES

DRDH has recently installed medically proven portable air filtration devices at specific, marked locations on campus. These devices will be pre-set and will not need to be modified or moved from the locations they are initially placed in. The following points will summarize the placement and maintenance requirements for these devices:

- The devices will have their operating speed setting set when they are deployed. These settings do not need to be changed.
- Ensure the devices are kept in the marked floor area, as they must be at a minimum distance from the wall, with the air vent facing away from the wall.
- The devices are designed to run 24/7.
- Do not use extension cords. Ensure the devices are plugged directly to the wall.
- Do not sit, stand or place any objects on the devices.
- Do not block the air openings on the devices.
- The air filters in the devices are designed to be used for up to 5 years before needing to be changed

## LABORATORY WALK-INS AND NON-URGENT DIAGNOSTIC IMAGING SERVICES RESUMED

Effective Monday, February 7, 2022, the laboratory at the Deep River and District Hospital will resume accepting walk-in patients.

Those who have a requisition for blood work from a registered clinician may come to the laboratory Monday to Friday, between the hours of 7:30 am and 12:00 pm.

Previously scheduled appointments for blood work after February 7, 2022 will be honoured.

While at the laboratory as a walk-in patient, please remember that staff may be required to perform urgent work in the Emergency Department or on the Medical Unit, which could result in a short delay.

The Diagnostic Imaging Department has also resumed non-urgent X-Rays, ultrasounds, and mammograms, but pre-booked appointments are required. Family Doctors or Nurse Practitioners will fax requisitions to the Diagnostic Imaging Department, who will then call patients to schedule an appointment.

All patients coming to the organization will continue to enter and exit the building through the Main Entrance and screening station.

The organization would like to thank everyone for continuing to adhere to public health and other safety precautions so that we may continue to support our patients and provide excellent, compassionate care.

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2021 FOOD BANK ANNUAL REPORT

Below is a summary of the accomplishments of our amazing partners at the Deep River and Area Food Bank this past year:



DEEP RIVER AND AREA FOOD BANK INC.  
ANNUAL REPORT FOR 2021

DRAFB Chair: Patrick Wilson. Phone: 613-584-3333 ext. 7910  
P.O. Box 1015, Deep River, ON K0J 1P0

CLIENTS AND USAGE	2020	2021	NOTES
<ul style="list-style-type: none"> <li>○ Clients on file</li> <li>○ Number of new (left) clients</li> <li>○ Number of client-visits</li> <li>○ Clients with children</li> <li>○ Number of children helped</li> <li>○ Number of adults helped</li> <li>○ Average visits per client</li> <li>○ % of clients with 1-4, 5-8 and 9+ visits</li> </ul>	<p>188</p> <p>31 (25)</p> <p>1,122</p> <p>70 (37%)</p> <p>159</p> <p>277</p> <p>6.0</p> <p>52% / 25% / 23%</p>	<p>175</p> <p>25 (38)</p> <p>982</p> <p>51 (24%)</p> <p>144</p> <p>233</p> <p>5.6</p> <p>49% / 29% / 22%</p>	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;"><b>Total client-visits each year</b></p> <p style="text-align: center;">Weekly report data. In 2021 we saw a slight drop in client visits. CERB cheques may have been a factor.</p> </div>
<ul style="list-style-type: none"> <li>○ Clients from Deep River</li> <li>○ East of Deep River</li> <li>○ West of Deep River</li> </ul>	<p>59%</p> <p>23%</p> <p>19%</p>	<p>60%</p> <p>19%</p> <p>21%</p>	<div style="border: 1px solid black; padding: 5px;"> <ul style="list-style-type: none"> <li>■ Deep River</li> <li>■ East</li> <li>■ West</li> </ul> </div>
<b>FOOD DISTRIBUTIONS</b>			
<p>Boxes of food provided:</p> <ul style="list-style-type: none"> <li>○ Grocery reclamations</li> <li>○ Donated food</li> <li>○ Purchases with cash</li> </ul>	<p>3,366</p> <p>911 (27%)</p> <p>752 (22%)</p> <p>1,703 (51%)</p>	<p>2,946</p> <p>711 (24%)</p> <p>916 (31%)</p> <p>1,319 (45%)</p>	<p>Local food donations were higher than expected. Cash spent per client increased by 27%. Cost of food is expected to increase by 5% during 2022. Reclamation was down significantly.</p>
<b>FINANCIALS</b>			
<p>OPERATING INCOME</p> <ul style="list-style-type: none"> <li>○ Individuals</li> <li>○ Churches</li> <li>○ Organizations &amp; clubs</li> <li>○ Businesses</li> <li>○ Bank interest</li> </ul>	<p>\$167,311</p> <p>\$100,636</p> <p>\$7,095</p> <p>\$34,800</p> <p>\$24,400</p> <p>\$380</p>	<p>\$100,429</p> <p>\$67,110</p> <p>\$4,561</p> <p>\$13,637</p> <p>\$18,711</p> <p>\$410</p>	<p>Donations to our food bank were strong in 2021. Fallout from COVID will likely continue into 2023, but we are now in a good position to cope with this. Our bank balance is in good shape.</p> <p style="text-align: center;"><b>THANK YOU TO ALL OF OUR SUPPORTERS!</b></p>
<p>OPERATING EXPENSES</p> <ul style="list-style-type: none"> <li>○ Food purchases</li> <li>○ Hygiene purchases - COVID</li> <li>○ Facility rent</li> <li>○ Administration/insurance</li> <li>○ Extra support services*</li> <li>○ Cash spent per client-visit</li> </ul> <p>*Emergency food and delivery</p>	<p>\$65,223</p> <p>\$54,867</p> <p>\$5,980</p> <p>\$2,000</p> <p>\$2,276</p> <p>\$100</p> <p>\$58.13</p>	<p>\$73,184</p> <p>\$58,562</p> <p>\$3,871</p> <p>\$2,000</p> <p>\$5,201</p> <p>\$3,550</p> <p>\$74.53</p>	<div style="border: 1px solid black; padding: 5px;"> <ul style="list-style-type: none"> <li>■ Food</li> <li>■ Hygiene</li> <li>■ Facilities</li> <li>■ Admin/Ins</li> <li>■ Support Services</li> </ul> </div>
<b>VOLUNTEERS</b>			
<ul style="list-style-type: none"> <li>○ Number of volunteers</li> <li>○ Estimated hours</li> </ul>	<p>21</p> <p>2,500</p>	<p>16**</p> <p>2,200</p> <p>**COVID restrictions</p>	<p>We are very blessed to have a group of volunteers who work hard, enjoy each other, and take responsibility to make sure that we do what is needed for our community.</p>

## GIFT SHOP NOW OPEN



After being closed since December, the Auxiliary Hospital Gift Shop is being re-opened as of Tuesday, February 1, 2022!

Distancing, masking and capacity limits remain in effect in the Gift Shop for the safety of shoppers as well as Auxiliary Volunteers.



Shopping Hours are:

Monday to Friday from 10:00 am – 4:00 pm &  
Monday to Thursday evening from 6:30 pm — 8:00 pm.

## CLASSROOM USE

In alignment with the gradual lifting of public health restrictions, the Classroom will be opened for small group meetings starting on Monday, January 31.

The capacity limit for the Classroom will remain at 12 individuals, with all individuals having to remain masked and use universal eye protection unless 2m/6feet of distance is able to be maintained.

Time in the classroom for meetings or conferences is to be booked through Admin.



## 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](mailto:amy.joyce@drdh.org).*