



**DEEP RIVER &
DISTRICT HEALTH**

THE ZINGER NEWSLETTER

+ TOP NEWS INSIDE

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DECEMBER 2024



SANTA CAME TO TOWN!

Santa stopped by to spread some cheer and visit our residents and team members on December 20, 2024. *See page 20 for more.*



HAPPY HOLIDAYS!

Residents along with their families and friends came together for our annual Holiday Dinner on December 20, 2024! The festive atmosphere, delicious meal, and cherished company truly made it a night to remember. *See page 21 for more.*

+ CEO'S CORNER

CONNECTING WITH OUR DRDH TEAM AND COMMUNITY



As the year draws to a close, I am filled with gratitude and pride as I reflect on the remarkable journey we have undertaken together. This year has been one of significant milestones, transitions, and challenges that have tested our resilience and strengthened our resolve to carry forward our mission to care for every person like a loved one.

This year, we celebrated two major groundbreaking events that mark significant steps in expanding and enhancing our services. The first was the groundbreaking for our new primary care building, which will elevate the scope and scale of primary care in our community. Shortly thereafter was the groundbreaking on our much-anticipated long-term care home, a development that will support the growing needs of our aging population and reaffirm our commitment to providing high-quality, compassionate care. These projects are not just buildings—they are a testament to our vision for the future and the communities we serve.

Challenge and change have also been defining features of this year. We welcomed team members into new and different roles across the organization, and welcomed leaders into critical roles that will bring

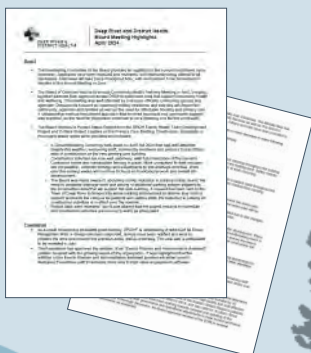
fresh ideas and insights to our organization. At the same time, we faced significant challenges in staffing—a reality felt across our sector. Balancing patient and resident needs with workforce capacity required creativity, adaptability, and collective effort. I am deeply thankful to all our dedicated staff, who worked tirelessly to uphold the standard of care that defines us, even in the face of these hurdles.

Despite these challenges, I am always impressed at how well our teams continue to find positive opportunities to have fun and enjoy time together. Our holiday celebrations truly created an opportunity for this, and I would like to pass on my sincerest appreciation to those who made these special moments possible. Our wonderful Social Committee, consisting of many dedicated and creative individuals, went above and beyond to ensure everyone at DRDH had a part in the holiday fun. From the mobile hot chocolate and treat carts, to friendly competitions, to special scavenger hunts throughout the organization, this December was a month filled with holiday fun. A special thank you to the team who coordinated our DRDH Holiday Party, which was an amazing night for us to come together outside of work and share good food and laughter together. Your hard work and dedication hosting our holiday celebrations, as well as the many fun and delicious activities throughout the month, gifted us the opportunity to celebrate the season together. Thank you to everyone who made this month even more special for so many of us!

As we look forward to the year ahead, I am optimistic about the opportunities before us. Internally, we have a renewed commitment to fostering stability, teamwork and growth. This includes investing in team development, enhancing performance systems, and creating a culture where every team member feels valued and supported. Externally, we will continue to strengthen partnerships, embrace innovation, and align our services with the evolving needs of our community.

BOARD HIGHLIGHTS

Click [here](#) to read the latest edition of our Board Meeting Highlights.



+ CEO'S CORNER CONT'D

CONNECTING WITH OUR DRDH TEAM AND COMMUNITY

Over this year, our collective efforts have reaffirmed what we can achieve when we work together with purpose and determination. I thank each of you for your dedication, resilience, and passion for the work we do. As we close this chapter, I invite you to join me in embracing the opportunities ahead—to build not just stronger facilities but a stronger team, a stronger organization, and a stronger community. I am confident that 2025 will be a positive year for our team, with ongoing growth, collaboration, and continued success. I have full confidence in our team's ability to face what is ahead with care, compassion, and enthusiasm, and to build on our shared commitment to improving the well-being of those we serve.

In the spirit of the season, I hope each and every one of you find moments to share with family and friends.

Taking time to rest, recuperate, and celebrate the season is so important, and I hope that these moments provide the comfort and rejuvenation we all deserve.

Thank you for your unwavering dedication over the past year, and I wish each and every one of you a joyous and fulfilling New Year. May 2025 be a year of growth, prosperity, and continued success for all of us at DRDH.

Sincerely,

Janna Hotson
President and Chief Executive Officer
Deep River and District Health

happy
HOLIDAYS



LONG-TERM CARE BUILDING PROGRESS



We are pleased to share that foundation walls are now going up for our new Four Seasons Lodge Long-Term Care Home—an important step forward in bringing the home to life!

At the same time, rock-breaking activities remain underway to address the extensive bedrock at the site. This noisy phase continues to take longer than anticipated, and we deeply appreciate the patience and understanding of our community.

We look forward to sharing more updates as progress continues throughout the winter months.



PRIMARY CARE BUILDING PROGRESS



December 12, 2024



December 20, 2024



Construction of our new Primary Care Building is progressing quickly, with significant advancements inside and out. On the exterior, the roof is nearing completion, and brickwork continues to shape the building's façade. Inside, crews are busy working on plumbing, framing, insulation, and HVAC. Looking ahead, drywall installation is set to begin in the new year, marking another key milestone in this exciting project.

Stay tuned for more updates as construction progresses!



MANDATORY EDUCATION

JANUARY 2025

Please see the assigned education for the month of January on Surge Learning. This is due to be completed by Wednesday, January 29, 2025. Please contact Rebekah if you are having any issues accessing the education.

Topic	Target Staff
Code Yellow/Amber	All
Code Red Fire Safety Plan	All
Quick Facts & Updates to DRDH Code Red – Fire Safety Plan	All
MSK Part 2	All
Diversity, Equity, and Inclusion	All
General Lifting: Body Mechanics & Back Care	All Staff
Fire Watch	AOC, RN, Maintenance
Client Communications Etiquette	Finance
RICN Best Practices for Environmental Cleaning Module 1 - Chain of Transmission	Housekeeping
EKG Like a Boss Part 1 & 2	RN, RPN, DI
Pain Management & Documentation - Pain and Cognitive Impairment: Reading the Cues	RN, RPN, Physio, PSW



Please contact Rebekah (rebekah.thompson@drdh.org) if you are having any issues accessing the education.

A MESSAGE FROM OUR JOINT HEALTH AND SAFETY COMMITTEE

As winter weather settles in, safe driving becomes more critical than ever. Whether you're commuting to work or running errands, here are some essential tips to help you navigate the roads safely this season:

Equip Your Vehicle for Winter—Ensure your car is ready for the season by installing winter tires, which provide better traction in snow and icy conditions. Check your tire pressure regularly, as it can drop in colder temperatures.

Clear Your Vehicle Thoroughly—Take the time to clear all snow and ice from your car, including the roof, windows, mirrors, and lights. This not only improves your visibility but also prevents snow from flying onto other vehicles and creating hazards.

Drive Cautiously—See snow? Drive slow! Reduce your speed and increase your following distance to account for slippery roads and reduced visibility. Accelerate and brake gently to avoid skidding, and take extra care on bridges and overpasses, which tend to freeze first.

Plan Ahead—Check the weather and road conditions before heading out, and allow extra time for your commute.

By taking these precautions, you can reduce risks and ensure safer journeys throughout the winter months.

Stay safe this winter!



PLANNING A STAYCATION?



<https://somewhereinn.ca/hotel-discounts-for-nurses-healthcare-workers-relax-and-recharge-at-boutique-getaways/>

Looking to plan a staycation in beautiful Calabogie? The Somewhere Inn has a brand new promo for healthcare workers! They are offering **20% off** for midweek stays and **10% off** for weekend bookings (minimum two nights).

Check out the link below to their website's journal for more information and steps for how to attain your promo code for booking.



DRDH HOLIDAY PARTY



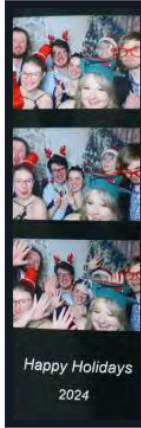
The DRDH Christmas party on Friday, December 13, 2024 was a wonderful way to come together and celebrate the season! With a great turnout, a delicious meal, and plenty of fun, it was an evening to remember.

A big thank you to our Social Committee for their incredible work in organizing the event, creating such a festive atmosphere, and making sure every detail—from the decorations to the prizes—was perfect.

Here's to the holiday season and the amazing team that makes DRDH so special!



DRDH HOLIDAY PARTY



At the Holiday Party, we had the special opportunity to celebrate one of our incredible Registered Nurses, Michelle, who received her 15-year service award early. Michelle has been a cornerstone of our team, bringing compassion, dedication, and excellence to her patients and colleagues alike.

As she prepares for a new chapter in her life, we want to thank her for 15 years of unwavering commitment to DRDH and wish her all the best in her next adventure. You will be greatly missed, Michelle!



PROJECT POINSETTIA



A big thank you to Hustle & Heart 104.9 myFM and the local businesses who generously sponsored Project Poinsettia this year. These vibrant blooms have been distributed throughout DRDH, bringing a festive touch for our patients, residents, and team members alike.

Pictured here are Anna, Lynne, and Dr. Dolinar with just a few of the beautiful holiday poinsettias filling our organization!



BOARD HOLIDAY SOCIAL



Following our December Board of Directors Meeting, our dedicated Board Members took some time to connect and celebrate the season at a festive holiday social at Santa Fe. Their leadership and commitment to Deep River and District Health guide us forward every day, and we're grateful for all they do to support our organization.

Back Row: Kylia Smith, John Osborne, David Cox, Johnathan Siery, Bess Burke, Christian Kaiser, Ted Chiasson, Doug Tennant, Janna Hotson, William Willard

Front Row: Desiree Quenneville, Meagen Boisvenue, Dr. Michael Sage, Claudia Beswick, Beckie Kenrick

+ HOSPITAL NEWS

Mammography Accreditation

We are proud to share that our Diagnostic Imaging Department has successfully achieved mammography accreditation! This important milestone highlights our ongoing commitment to quality and safety in breast imaging.

Accreditation is a vital quality assurance measure, renewed every three years, to ensure our community receives reliable, accurate, and compassionate diagnostic services. Congratulations to our Diagnostic Imaging team for their dedication and hard work in maintaining the highest standards of care!



DRDH is proud to be a local site for the Ontario Breast Screening Program, which has recently expanded to offer breast cancer screening for eligible people starting at age 40. Early detection saves lives, and now more members of our community have access to this important screening. [Click here](#) to learn more about breast cancer screening for people ages 40-49, and help decide if screening is right for you.

People ages 40-75 can call 613-732-1463 and request an appointment here in Deep River. No physician referral is required!



THE ESSENTIAL PIECES AWARD

CALL FOR NOMINATIONS



The **Essential Pieces Award** allows for peer recognition of an individual who performs outstanding, consistent actions that contribute to the overall exceptional experience for the patients, residents and/or visitors of our organization. Any member of our team across any department is eligible to be nominated for an Essential Pieces Award, including physicians, volunteers, or students.

The nomination form can be found on Policy Medical (*Organizational Resources* → *Human Resources* → *Essential Pieces Award*). The form includes a written piece that allows nominators an opportunity to describe how the individual they are nominating demonstrates outstanding, consistent actions that contribute to the exceptional care experience for all.

If you would like to nominate someone for an Essential Pieces Award who you feel should be recognized for their contributions, please don't hesitate to submit a nomination at any time throughout the year!

Completed forms can be submitted to Emily in which ever format works best for you—either by email (eostryhon@drdh.org) or a paper copy enclosed in an envelope.

Caring

Excellence

Safety

Innovation

Partnering

Integrity

Nominations open all year round!

SOCIAL COMMITTEE NEWS—FESTIVE FUN!



The holiday spirit was alive and well at DRDH! Thanks to our amazing Social Committee, we enjoyed festive fun all season long. From mobile candy and hot chocolate carts to gingerbread house decorating, holiday sweater days, scavenger hunts, and the “find the elf” game, there was something for everyone!

We also spread cheer with door decorating, Chocolate Fridays, and our exciting 12 Days of Giveaways! Thank you to everyone who participated and helped make the season extra bright.

Check out some of the highlights below and be sure to let us know your favorite holiday activity for next year!



SOCIAL COMMITTEE NEWS—FESTIVE FUN!





**CONGRATULATIONS
12 DAYS WINNERS:**

- | | |
|---------|------------|
| Craig | Karley |
| Morgan | Darla |
| MJ | Rachel |
| Jacki | Anne-Marie |
| James C | Jordan |
| Sue | Brittney |

This year, we also offered each daily winner a chance to pay it forward! Each winner was able to select a prize at random from the punch cup “Giving Tree” to say thanks to a colleague for all their hard work this year.



A MESSAGE OF THANKS

The following message of thanks was received from a grateful family member this month:

I want to express my gratitude and appreciation for the care and concern that my [loved one] received from the hospital staff and support workers during their stay. I [visited many] times during this period and was always welcomed and informed by staff, always left feeling that [my loved one] was very well taken care of and witnessed several positive interactions between [my loved one] and staff. They felt comfortable with each person that they interacted with, and I felt supported in my conversations with the nursing staff each time I called.

Thank you for the efforts of all of the caring and capable staff; it has made a difficult time easier.

Sincerely,

A Grateful Family Member

Thank
You

ESTORE

Check out our selection of DRDH t-shirts, toques, sweaters, drinkware, jackets and scrub tops in the EStore.

Whether you're looking for something to wear here at work or out and about, we've got something for everyone.

Purchases through our DRDH EStore not only promote our team spirit, but also make a difference! For every purchase made, \$2 will be donated to support the fundraising efforts of the DRDH Foundation.

<https://drdhstore.org/>

As a reminder – samples of each item are available to check out in the staff lounge.

You can make your purchases directly through the EStore online, or through payroll deduction with the form available on PolicyMedical.

Shipping is free for orders over \$65 placed directly through the EStore online, as well as for orders made through payroll deduction.



DEEP RIVER & DISTRICT HEALTH

DRDH EStore

SHOP EXCLUSIVE DRDH BRANDED:
TSHIRTS | TOQUES | SWEATERS |
DRINKWARE | JACKETS | SCRUB TOPS

Buy directly from the online store, or by payroll deduction!
A portion of each purchase goes to the DRDH Foundation

www.drdhstore.org



NEW
GEAR
ADDED!

DEEP RIVER & DISTRICT HEALTH

THE ZINGER

FOUR SEASONS LODGE NEWS

Festive Fun with the Cubs and the Monday Niters



Residents at the Lodge enjoyed an evening of festive cookie decorating and hot chocolate on December 4, 2024 made even more special by the Cubs who joined in the fun. Thank you for spreading holiday cheer and creating such joyful memories together!



Local band, "The Monday Niters" performed for our residents in the Lodge on December 6, 2024.

Thanks to all members of the band for a such a great afternoon of live music!

FOUR SEASONS LODGE NEWS

Candlelight Memorial Celebration



On December 11, 2024, the Four Seasons Lodge hosted our first annual Candlelight Memorial Celebration, a heartfelt evening to honour and remember those who have called the Lodge home. Surrounded by the warm glow of candlelight, we came together to reflect on cherished memories and celebrate lives well-lived.



A special thank you to Doug Tennant and Jeannie Tilson for conducting the ceremony and sharing beautiful live music—it made the evening truly special. Your contributions helped create a meaningful and comforting experience for all.



Our residents received these beautiful hand-drawn holiday cards, lovingly created by the talented students at St. Mary's School. This thoughtful artwork brought joy and warmth to our home this season.

Thank you to the students of Mr. and Mrs. Joyce's classes for sharing your creativity and kindness!



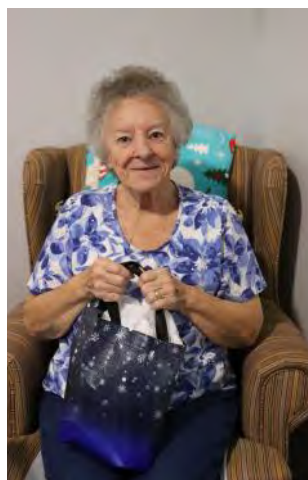
FOUR SEASONS LODGE NEWS

Shopping Day at the Lodge and Civitan Club Visit



December 12, 2024 was our annual shopping day at the Four Seasons Lodge!

Thanks to the incredible Auxiliary volunteers who brought in items from the Whistle Stop, our residents enjoyed another delightful shopping experience right in the comfort of their own home.



On December 18, the Lodge had the pleasure of welcoming Darlene, Bonnie, and John from the Petawawa Civitan Club. Their visit brought a little extra holiday cheer as they delivered thoughtful gifts to each of our residents and brightened their day.

A heartfelt thank you to the Civitan Club for your incredible generosity and for spending time with our residents this holiday season.

FOUR SEASONS LODGE NEWS

Annual Code Green Evacuation Drill



Our annual Code Green evacuation drill in the Four Seasons Lodge took place on December 18, 2024. The drill began as a mock Code Red, which is a planned response to a fire. The response to the fire resulted in the need for a Code Green, which is an evacuation. The mock Code Green evacuation was completed with a mix of residents and staff members, with our team working quickly to safely evacuate everyone from the home—including Cesar of course!

The drill was observed by our partners at the Deep River Fire Department to help identify improvements in our emergency response.

Our team worked very quickly and was able to safely evacuate all residents and complete all actions within the required time-frame. **The total evacuation time was only 12 minutes —congratulations!**

RESIDENTS' COUNCIL CORNER



The Residents' and Family Council decided to postpone their December meeting, and instead hold the first Food and Recreation Committee Meeting. This new Committee has been established as a dedicated forum for residents to review and provide feedback on food and recreation in the home. The Committee will discuss menu items, special meal choices of the month, the snack cart, the Taste of Home Program, as well as recreation programming, community engagement activities, and more. At this inaugural meeting, the residents confirmed plans for the remainder of the month, which included their upcoming holiday dinner,

as well as plans for January. In January, take out was chosen as the meal choice of the month and it was recommended that there be an increase in physical activities such as bocce ball and various exercises along with bingo continuing twice weekly. The residents also discussed other activities and community engagement that they may like to see in the future, including a guided painting session, as well as learning more about flowers and horticulture.

Watch for further updates from the Food and Recreation Committee as well as the Residents' and Family Council each month!

+ FOUR SEASONS LODGE NEWS

Santa Came to Town!

Santa came to town! The Lodge was filled with festive cheer as Santa stopped by to visit our residents and team members on December 20. A big thank-you to Santa for spreading joy and making these special holiday memories possible!





FOUR SEASONS LODGE NEWS

Holiday Dinner



The Lodge remained filled with holiday cheer as residents, their families, and friends came together for our annual Holiday Dinner on December 20! The festive atmosphere, delicious meal, and cherished company truly made it a memorable night. We are so grateful for our incredible Dietary Team for creating such a wonderful feast and ensuring everyone felt the warmth of the season. Thanks to all who made this holiday gathering so special!

DIP TO DONATE POLAR PLUNGE RAISES OVER \$36,000 FOR CLOSER TO HOME CAMPAIGN

The icy waters of the Ottawa River proved no match for the determination of 50 participants who braved the chill on Saturday, December 7 to support our inaugural “Dip to Donate Polar Plunge”. The event united individuals and teams from across the region to raise funds for the \$2.5 million Closer to Home campaign to furnish and equip the new 96-bed Four Seasons Lodge Long-Term Care Home currently under construction on the health campus. The plunge exceeded all expectations, raising over \$36,000.

The water was recorded at 3 degrees Celsius and the air temperature a brisk -8 degrees Celsius with wind-chill at the time of the dip. Dippers were not encouraged when told that the water was warmer than the air!

Among the standout fundraisers for the individual contest was Jay Serdula, who brought in over \$1,400 from friends and family and was rewarded with a stay at the Westin Trillium House at Blue Mountain Resort along with two ski passes. The team contest was won by The Tragically Frozen, consisting of Candace Bishop, Adrian Bishop, and Ed Aiston, who together raised more than \$3,100. They received a gift basket from Pembroke Hyundai, Canadian Tire, and Cahoon’s Pharmsave.

A high point of the event came when Deep River & District Health President and CEO Janna Hotson and Deep River Mayor Suzanne D’Eon took the plunge together as the event finale, fulfilling their promise to dip if fundraising goals were met. Their participation drew cheers from the crowd and capped off an already spirited day.

I would like to offer special thanks to Rosehall Consulting, P&G Enterprises, MD Financial Management, Petawawa Toyota, Furniture King, Custom Draperies, Scotiabank Healthcare+, Northern Credit Union, Deep River Valu-Mart, the Town of Deep River Fire Department and Public Works, and many more sponsors, volunteers, and supporters.

Thanks to the success of this event, the campaign has reached 87 percent (\$2.2 million) of its goal. With the campaign in its final stretch, community members are encouraged to contribute to the cause. If you are interested in making a donation to support the new Long-Term Care Home, please email foundation@drdh.org or visit drdhfoundation.com.



POLAR PLUNGE CONTINUED...



The Tragically Frozen



DRDH Dippers Rebekah, Josh, and Cathy



Mayor D'Eon and Janna Hotson



Mayor D'Eon and Janna Hotson



Rebekah, Lori, and Frosty



Hot Chocolate Station





On behalf of the Board of Directors and all of us at Deep River and District Health, we want to wish joy, health, and happiness to you and your loved ones this holiday season.

We extend our deepest gratitude to all our team members, physicians, volunteers, donors, our Foundation & Auxiliary, as well as the patients, residents, and families that we serve, for your unwavering dedication and collaboration over this past year.

With remarkable support from our cherished community, we are proud to continue caring for every person like a loved one. Thank you to all of our partners who continued to come together this year to provide our patients and residents with an excellent, compassionate care experience, every time.

Reflecting on the milestones and successes of this year fills us with immense appreciation, and we look forward to what lies ahead for our organization in 2024.

Best wishes for a bright and joyous New Year!

Sincerely,

The DRDH Team

CALL FOR CONTENT

Is there something you would like to see appear in the next issue of The Zinger newsletter? Please submit your photos and information to Amy at amcdiarmid@drdh.org.

Deep River and District Health receives funding from Ontario Health.

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