



**DEEP RIVER &
DISTRICT HEALTH**

THE ZINGER

NEWSLETTER

+ TOP NEWS INSIDE

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JANUARY 2025



CONSTRUCTION UPDATES

Construction has been progressing steadily across the health campus this month! *See pages 3– 5 for photos.*



SPECIAL VISITOR TO THE LODGE

Residents and team members alike were all smiles on January 23, 2025 during a special visit from an adorable furry friend. *See page 14 for more.*

+ CEO'S CORNER

CONNECTING WITH OUR DRDH TEAM AND COMMUNITY



A very Happy New Year to all of our team, patients, residents, and community! 2025 has arrived, bringing with it exciting opportunities, new challenges, and significant milestones for our organization. I am filled with optimism as we look ahead to the remarkable things we will achieve together this year.

January has been an incredibly busy month across the organization. Patient and resident needs remain high, with inpatient and emergency care demands continuing to test our capacity. These pressures touch every corner of our organization, across clinical and support teams. Yet, through all of this, our team members continue to rise to the occasion with unwavering commitment. The dedication you show every day ensures that we fulfill our mission of caring for every person like a loved one, and I want to sincerely thank you for your extraordinary efforts.

Alongside this high level of activity, we are making progress on significant projects that will shape our future. Construction on the new Primary Care building is progressing well, and we eagerly anticipate its opening later this year. This space will enable us to expand services, enhance care delivery, and better meet the needs of our growing community.

Meanwhile, construction also continues on our new Long-Term Care Home, another transformative project that represents our vision of providing even more exceptional care to our aging communities.

As we move forward, planning for the soon-to-be-vacant spaces in our current facilities will continue to be a key focus. I want to extend my heartfelt thanks to everyone who contributed their insights and ideas during this process so far. Your input is invaluable as we work to create a roadmap that aligns with our strategic goals and community needs. These plans will allow us to maximize the potential of these spaces, ensuring they are repurposed in ways that bring the greatest benefit to those we serve.

Looking ahead, 2025 promises to be a year of continued growth and collaboration. We will keep investing in our teams, fostering stability, and creating opportunities for professional and personal development. Together, we will continue to strengthen our culture of excellence, innovation, and teamwork.

Thank you for your passion, resilience, and dedication. You are the heart of this organization, and it is because of you that we can confidently meet the challenges ahead. Let's embrace the year with optimism, knowing that our collective efforts will build a stronger organization and a healthier community.

Sincerely,

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

BOARD HIGHLIGHTS

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



DRDH FROM THE SKY



Although it may be a bit tricky to see all the progress on our new Long-Term Care Home from the ground, you sure can see it from the sky! Thanks again to Bill Simmons for these great shots from above.

The shape of the building is really beginning to take shape as construction progresses this winter.

As a reminder, below are a few artists renderings depicting what the new home will look like once construction is complete!



LONG-TERM CARE BUILDING PROGRESS



Construction of our new Four Seasons Lodge Long-Term Care Home is still progressing steadily! Over the coming weeks, rock-breaking activities will resume intermittently to prepare the site for essential services, including water, to support the new home.

We recognize this phase can be disruptive and truly appreciate our community's understanding as this crucial work is completed. Every step brings us closer to creating a welcoming home for 96 residents, and we look forward to sharing more updates as construction continues!



PRIMARY CARE BUILDING PROGRESS



January 7, 2025



January 7, 2025



January 7, 2025



January 24, 2025



Construction of our new Primary Care Building is also progressing well. On the exterior, work on the roof is nearing completion, and brickwork continues to shape the building's façade. Inside, drywall work has begun and crews are still busy working on plumbing, framing, insulation, and HVAC.

Stay tuned for more updates as construction progresses!



MANDATORY EDUCATION

FEBRUARY 2025

Please see the assigned education for the month of February on Surge Learning. This is due to be completed by Wednesday, February 26, 2025. Please contact Rebekah if you are having any issues accessing the education.

Topic	Target Staff
Mission Statement & Standards of Behaviour & Respectful Workplace Policy	All
Abuse & Neglect –Zero Tolerance, Policy, Mandatory Reporting	All
Whistleblower Protection	All
Dementia Care and Responsive Behaviours - A module for all Care Staff and Volunteers	All
Privacy and Confidentiality	All
Confidentiality of Personal and Hospital Information Policy	All
RICN Environmental Cleaning Best Practise - Room Cleaning Contact Precautions Room	Housekeeping
Consent to Treatment	RN, RPN, NP, Physiotherapy, DI, Clinical Manager
Bloody Easy Lite	RN, RPN
EKG Like a Boss - Part 3 (Telemetry education)	RN, RPN, DI
LifeVac Training Video	RN, RPN, PSW, Dietary, Rec Therapy, Housekeeping
Decision Algorithm For Acute Stroke Deep River (<i>due Feb 28</i>)	RN



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

STAFF HAPPENINGS

NEW HIRES



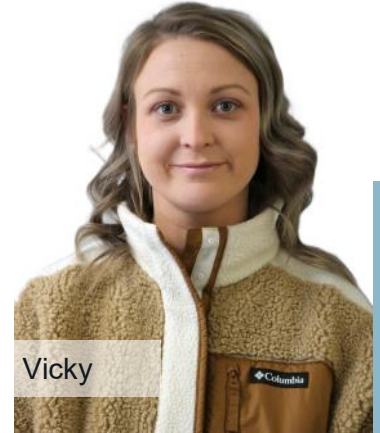
Dannielle



Mikayla



Maria



Vicky



Francesca



Brooke

This month we are pleased to welcome six new members to our team. **Dannielle** and **Mikayla** have joined us as Ward Clerks, **Maria** has joined us as a Registration Clerk, **Vicky** is a Personal Support Worker, **Francesca** is a Registered Nurse, and **Brooke** is a Medical Radiation Technologist.

Please join us in extending a warm DRDH welcome to all the new members of our team!



WELCOME CAF MEMBERS



This month we were pleased to welcome Canadian Armed Forces (CAF) member Kirk (left), who is a Physician Assistant (PA) joining us at DRDH as part of the Maintenance of Clinical Readiness Program. Kirk, PA, has been working alongside Dr. Edmison (middle) and Dr. Ben Amor (right). Dr. Edmison is also a CAF member who has been with DRDH for three rotations.

Partnering with DRDH allows CAF members an opportunity to work in civilian healthcare and ensure they maintain their clinical skills and readiness, as well as remain current with best practices in healthcare.

Welcome to DRDH!

HOOPP NEWS

DRDH is part of one of the strongest pension plans in Canada. Last year, they made several announcements that demonstrate how they deliver value to members and employers. These are just some of the highlights:



- **Over 20 years of stability for members and employers.** HOOPP announced [contribution rates will remain unchanged](#) until at least the end of 2026. At a time when expenses are rising, these rates continue to be among the lowest of Canada's public sector plans, and have not changed since 2004.
- **Four benefit improvements since 2018.** In June, HOOPP announced [a pension increase for eligible active members](#). This increase, which builds on previous improvements, comes at no additional cost for members and employers.
- **A strong and fully funded Plan.** With a [funded status of 115%](#), this is one of the most important indicators of the Plan's overall health and ability to pay pensions, today and in the future.
- **Retirement security for more of Ontario's healthcare workers.** With over 670,000 members and 700 participating employers, [HOOPP's membership continues to grow](#) and they are committed to expanding access to more healthcare organizations.

HOMWOOD HEALTH NEWS

Homewood Health, our Employee and Family Assistance Program provider, has recently made enhancements to their website. Below are details of new and updated features. We encourage you to take a moment to review the changes and explore the website.

What's New?

A Refreshed Experience

Your EFAP online platform is getting a new look!

Enhanced Online Booking

When booking with professional services including counselling, you'll now have the option to further customize your preferences and filters, helping you match with the right counsellor every time.

Personalized Service Recommendations

Our platform now remembers your previously used services, as well as viewed and liked content to provide more personalized and dynamic recommendations.

Improved Accessibility

Our online platform is now WCAG II AA compliant. This means that our platform improves usability and creates a more inclusive experience for a wider audience.

Seamless Transition with No Registration Changes

Enjoy the new platform enhancements seamlessly on the web or through your EFAP app - no need to re-register, update your information, or download a new app.



140 years
Homewood
Health

Experience the power of care

Click [here](#) to visit our EFAP Platform



UNDERSTANDING DIFFERENT TYPES OF EATING DISORDERS

Can you imagine what it's like to live each day feeling like food is your enemy or constantly worrying about your body shape and size? For many people with eating disorders, this is a reality. Their thoughts, actions, and feelings are centred around food, weight and body image. What have you eaten? What will you eat? When will you eat next? How much will you need to exercise? Will you be able to notice that you have eaten something when you look in the mirror? It's these kinds of inner narratives that someone with unhealthy relationships with food, body image, and exercise experiences every day.

Eating disorders are far more common than most people realize, and they can have serious impacts on both physical and mental health. Whether it's from social media, magazines, or peer pressure, the pressure to look a certain way can push people— especially teens— towards unhealthy habits in an attempt to achieve unrealistic and unsustainable lifestyles. Eating disorders are not just about food; they're about self-worth. When someone is feeling vulnerable because externalized messages about how they look are everywhere in their environment, their thoughts become dominated by distorted actions, influencing their mental health.

What are eating disorders, and how to do they affect you?

Eating disorders are mental health conditions that involve unhealthy relationships with food, body image and exercise. They are connected to emotional and psychological challenges where people may begin to have concerns about their appearance that can quickly spiral into harmful patterns that affect how they think about food, weight and their bodies. It's essential to recognize that eating disorders are "serious health conditions" and "bio-psycho-social diseases, which means that genetic, biological, environmental, and social elements all play a role." People do not choose to develop eating disorders. Unlike temporary focuses on dieting or weight loss, eating disorders reflect someone's ongoing struggles with control around food or exercise. The effects can be severe. Physical health risks can



include malnutrition, heart and digestive problems. Emotionally, they lead to depression, anxiety and social isolation. People experiencing an eating disorder need professional attention to help them find a healthier path forward.

Five common myths about eating disorders

1. **Eating disorders only affect young women.** The truth is that they affect people of all genders, ages and backgrounds.
2. **It's just about wanting to be thin, or it's just about food.** While body image may play a role, eating disorders are complex mental health issues often driven by psychological issues like anxiety, perfectionism, or traumatic experiences. They are rooted in control and emotional pain and not just about appearance.
3. **You can tell by looking at someone that they have an eating disorder.** People with eating disorders can have any body size. They can be underweight, overweight, or present as typical. It really depends on the nature of the eating disorder and individual factors.
4. **It's a choice.** Eating disorders are serious illnesses that require treatment. Someone experiencing an eating disorder may need hospitalization, medical care, therapy or a combination of all of these.
5. **Once someone gains weight, they're cured.** A person who is in recovery related to an eating disorder is focused on healing the mind and body. In some cases, gaining weight can be one aspect of treatment, but this is a dangerous stereotype.



TELFER MHA Program

2025 Preceptors Conference



On Wednesday, January 22, 2025 Janna and Bailey attended the Telfer School of Management Master of Health Administration (MHA) Preceptors' Conference in Ottawa. The event was an opportunity for preceptors to meet with MHA students who will be doing their residencies in 2025. At the event, almost 30 CEOs and VPs from over 20 healthcare organizations came to pitch why the students should choose their organization to complete their 4-month residency placement.

Janna was excited to share information about all the exciting projects underway at DRDH and opportunities for MHA students to innovate, collaborate, and make a real impact if they choose to complete their residency with us!



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 Amy in which ever format works best for you—either by email (amcdiarmid@drdh.org) or a paper copy enclosed in an envelope.

Caring

Excellence

Safety

Innovation

Partnering

Integrity

Nominations
open all year
round!



FAMILY HEALTH TEAM NEWS

Healthy You Course

HEALTHY YOU

6 SESSION LIFESTYLE COURSE



Rebecca Poirier, RD, CDE

Join Rebecca Poirier, Registered Dietitian, for a 6 session lifestyle course to learn how to eat well, be active, and feel good about yourself!

This group lifestyle course will cover topics including:

- Learning about using a “Vitality Approach” instead of a “Diet Approach”
- Factors that influence how/what we eat and how to change them
- How to modify meals to make them healthy
- Meal planning tips
- How to become more physically active
- Self-acceptance and feeling good about yourself
- Setting realistic goals

Every two weeks, beginning on:

Thursday, January 30, 2025

10:00 AM – 11:30 AM

In-Person at
Deep River and District Health

117 Banting Drive, Deep River



**DEEP RIVER &
DISTRICT HEALTH**

North Renfrew Family
Health Team



OPEN TO ALL ADULTS
IN THE COMMUNITY



To register, or for more information,
please contact the North Renfrew
Family Health Team at

613-584-1037

*These classes are free, but space is
limited!*



FAMILY HEALTH TEAM NEWS

Patient Experience Survey



We're committed to providing the best care possible, and we'd love to hear from you.

If you are a rostered patient of the North Renfrew Family Health Team, check your email for the link to our Patient Experience Survey. Your feedback helps us improve our services!

2025 RECOGNIZED HOLIDAYS

Holiday	Premium Day (if worked)	Day Recognized (if not a normal working day)
New Year's Day 2025	January 1	January 1
Family Day (ONA, NU, Support)	February 17	February 17
Good Friday	April 18	April 18
Easter Monday	April 21	April 21
Victoria Day	May 19	May 19
Canada Day	July 1	July 1
Civic Holiday	August 4	August 4
Labour Day	September 1	September 1
Thanksgiving	October 13	October 13
Remembrance Day (ONA, NU, Support)	November 11	November 11
Christmas Day	December 25	December 25
Boxing Day	December 26	December 26
New Year's Day 2026	January 1	January 1



Is Snooping on patients worth it?

Snooping on patients could cost you:

- Your reputation
- Your career
- College disciplinary action
- \$200,000 in fines
- A civil lawsuit
- Up to a year in prison

RESPECT PATIENT PRIVACY

www.ipc.on.ca

CANDY GRAMS

Send a Valentine's Day treat along with a special note to celebrate one (or more) of your colleagues!

CANDY GRAMS

Order your candy grams by responding to this email anytime now through to February 7, 2025. Indicate the name(s) of your colleague(s) that the candy gram is for & a short message for the note card. The bags will contain various candies & the cost of each is \$3.00, which can be deducted from your pay (or drop into the Admin. Office if looking to pay in-person). Candy Grams deliveries will take place February 10 - 14 to ensure we can hand deliver as many as possible!

ORGANIZED ON BEHALF OF THE DRDH SOCIAL COMMITTEE

Send a Valentine's Day treat along with a special note to celebrate one (or more) of your colleagues.

Order your candy grams by emailing Amber anytime before February 7, 2025.

Indicate the name(s) of your colleague(s) that the candy gram is for, and a short message for the note card.

The bags will contain various candies and the cost is \$3.00, which can be deducted from your pay (or just drop by the Admin office if you're looking to pay in-person).

Candy gram deliveries will take place between February 10—14 to ensure we can hand deliver as many as possible!

Organized by the DRDH Social Committee

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

FOUR SEASONS LODGE NEWS

Robbie Burns Supper and Puppy Visits



It was a bonnie evening in the Lodge on January 22, 2025 as our residents celebrated Scotland's beloved bard with our annual Robbie Burns Supper. From the piping in of the haggis to the final bite of traditional raisin pie, the evening was a true Scottish delight. A hearty tapadh leibh (thank you) to Doug Tennant and Jeannie Tilson for bringing the festivities to life!

The spread put on by our Dietary Team included a traditional haggis (in this case, meatloaf), tatties, (mashed potatoes), neeps (mashed turnip), and raisin pie for dessert. It was a night full of great music and more than a wee bit of Scottish spirit. Slàinte mhath!



Residents and team members alike were all smiles on January 23 during a special visit from an adorable furry friend. Puppy Cole got to enjoy snuggles with our residents and gave out lots of kisses. He's already learning quickly that Ann has the good treats—something the rest of us humans already know! Thank you to Kim and our visiting pup for brightening our days.

+ FOUR SEASONS LODGE NEWS

The Monday Niters and Crafting with the Cubs



The Lodge was pleased to welcome back “The Monday Niters” local band on January 28, 2025 for a lovely afternoon of live music.

On January 29, 2025 the Cubs were back for another fun evening of crafts and socializing with residents. This time, they created some beautiful Valentine’s Day themed sun catchers to decorate the home, as well as some sweet treats.



+ RESIDENTS’ COUNCIL CORNER



On Tuesday, January 21, 2025 the Lodge had their second Food & Recreation Committee meeting. A number of plans were discussed including moving forward with a Valentine’s Day supper on February 14. The menu will include steak, mini potatoes, asparagus, as well as a heart shaped pasta option with garlic bread, and brownies with chocolate covered strawberries for dessert. Recreational programming will continue with activities such as *Taste of Home*, bocce ball and bingo scheduled, as well as community engagements activities including musical entertainment with the Monday Niters and the Cubs (see above).

The Residents’ Council meet on Thursday, January 23, 2025 after delaying their meeting for December. The Council reviewed input from the Food & Recreation Committee, which included a recommendation for new dishware that is colourful and patterned in addition to the earlier request to review replacements for the current silverware.

The Residents’ also reviewed the annual process for filing a complaint regarding the organization, care, or any other concerns in violation to the Resident’s Bill of Rights. Further to reviewing this process, right #3 was reviewed this month, **“every resident has the right to have their participation in decision-making respected.”**

CLOSER TO HOME CAMPAIGN REACHES 90%

Amazing news: the Closer To Home campaign at Deep River & District Health is now at 90%!

That's \$2.25 million raised by people right here in our community to furnish and equip the upcoming 96-bed Long-Term Care Home.

This is the biggest fundraiser North Renfrew has ever seen, and we are in awe of what our donors have done. Many Closer To Home donors have personally told us the same thing when they give: they love this community, they've benefited from it in so many ways over the years, and now they want to give back. So, in a network of generosity, everyone is pulling together to create something we all can share - a long-term care home that answers a critical need.

For those who need long-term care housing, the lengthy wait times can be grueling for the individual and the family. People are stuck "making do" for months, sometimes years, without the right support. Informal caregivers are stretched beyond their capacity. Unfortunately, this crisis impacts our community even more than other places.

The 96-bed Long-Term Care Home will make a huge difference, and the Closer To Home campaign is a big part of the solution. Equipment and furniture will turn bricks-and-mortar into a real home for 96 people.

People see 90% and might think, "Well, that's close enough." But we see what's left - about **\$250,000** - and we can't help but picture those empty rooms. That's about ten rooms that still need beds, chairs, tables, sofas, medical equipment, and even some recreational items to make this home complete.

This community has already done something amazing by raising \$2.25 million in just over two years. **But we're not finished yet.** That's why we are asking for your help today. Will you support Closer To Home in the last 10% by making a donation or multi-year pledge? Check out our ways to give, or contact us directly. Your support will be appreciated by many.



<https://drdhfoundation.com/ways-to-give> | 613-584-3333 x 7140 | foundation@drdh.org

BONSPIEL & BREAKFAST



Join us for a fun-filled day at the DRDH Foundation's Annual Curling Bonspiel!

Saturday, March 1, 2025
at the Deep River Curling and Squash Club

Start your day with a delicious breakfast at 8:00 am at the Deep River Legion, then hit the ice for curling starting at 9:00 am.

Enjoy a tasty lunch and live music by The Laurentian Hillbillies!

Register your team now—there are only 64 spots available (16 teams of four). No team? No worries. Register solo and we will try to find a team for you!

**All proceeds support the
Closer To Home campaign**



BONSPIEL & BREAKFAST

Saturday, March 1st
Deep River Curling & Squash Club

REGISTER YOUR TEAM NOW
@ drdhfoundation.com/events

8am Breakfast
9am Curling

Lunch provided
Live Music: The Laurentian Hillbillies

4pm Trivia

**IN SUPPORT OF DEEP RIVER & DISTRICT HEALTH
CLOSER TO HOME CAMPAIGN**

Event Sponsor
WCCT

Donation Match by event sponsor WCCT - Deep River, up to \$5000
Venue sponsored by Cahoon's Pharmasave-Cahoon's Pharmacy

For more information and to register visit drdhfoundation.org/events

Join us for a delicious French Toast Breakfast by the DRDH Dietary Team on the morning of the Bonspiel—March 1, 2025 from 8:00—11:00 am.

Whether you're curling in the Bonspiel later, or just stopping by for a bite, all are welcome.

\$10 for adults

\$5 for children

Purchase at the door

Fuel up and enjoy a morning of great food and community spirit.




**JOIN US FOR A
FRENCH TOAST
BREAKFAST**

**SATURDAY, MARCH 1, 2025
8:00 AM - 11:00 AM**

**DEEP RIVER LEGION
50 MCELLIGOTT DR.**

**BRING YOUR FAMILY &
FRIENDS TO ENJOY
FRENCH TOAST, BAKED
APPLES & TEA/COFFEE**

**ADULTS \$10
CHILDREN 10 & UNDER \$5**
Purchase at door only

**DEEP RIVER &
DISTRICT HEALTH
Foundation**

Closer to Home
BUILDING CARE, BUILDING COMMUNITY

IN SUPPORT OF THE DEEP RIVER & DISTRICT HEALTH CLOSER TO HOME CAMPAIGN

ROBBIE BURNS DINNER – A RECAP BY DOUG TENNANT

The Renegades Pipes and Drums hosted the 9th Annual Robbie Burns Supper on Burns' actual birth day, January 25, this past weekend with 79 folks sitting down to a delicious roast beef supper. The annual event is intended to build community, celebrate tradition, and foster collective morale. All sorts of folks from North Renfrew gathered for the Burns Supper at the Chalk River and Area Lions Hall where the Lions were generous with the portions of roast beef, neeps, tatties and haggis.

The good news about the success of the Chalk River Haggis Breeding Programme in 2024 was delivered to the delight of those assembled. Traditional Fare, a world class Celtic band based here in North Renfrew, provided live music for the evening for the eighth year running. The Renegades Pipes and Drums entertained the guests with a wee concert just before the Haggis was piped in by Pipe Major Jeannie Tilson.

An enjoyable evening of stories, recitations of Burns' poetry, and traditional Celtic and pipe music along with the spotlight 'Toast to the Lassies' and 'Reply to the Toast to the Lassies' respectively by Major Tim Gunner and DRDH President and CEO Janna Hotson helped the Renegades, with promotional assistance from Rosehall Consulting, to raise **\$4,505** for the 'Closer to Home' campaign.

In the last 12 months the Renegades Pipes and Drums efforts have raised over \$10,000 for the 'Closer to Home' campaign through their hosting of Robbie Burns and St. Andrew's celebrations.

Slainte mhor!



\$2,500 GRANT RECEIVED FOR CLOSER TO HOME



The Deep River & District Health Foundation has received a grant for \$2,500 from Enterprise Mobility™ on behalf of CNL and their ongoing partnership.

Funds will go towards the Closer To Home campaign to help furnish and equip the new 96-bed Long-Term Care Home currently underway.

Thank You!

RUN FOR HOME 2025: SAVE THE DATE!



- SAVE THE DATE -

RUN FOR HOME 2025

JUNE 28, 2025

MORE INFO COMING SOON!

PARTNER NEWS

Below is a summary of the accomplishments of our amazing on-site partners at the Deep River and Area Food Bank from the 2024 year:



Deep River and Area Food Bank Inc. ANNUAL REPORT FOR 2024

117 Banting Drive, P.O. Box 1015, Deep River, ON K0J 1P0
Phone: 613-584-3333 ext. 7910

CLIENTS AND USAGE	2023	2024	
<p>“Client” represents a household.</p> <ul style="list-style-type: none"> ○ Clients served 192 ○ Total client visits 1,172 ○ Average visits per client 6.1 ○ Children helped 124 ○ Adults helped 251 ○ Clients on file (3-yr period) 303 ○ Clients on file with children 64 (21%) <p>Origin of clients:</p> <ul style="list-style-type: none"> ○ Deep River 62% ○ Chalk River 18% ○ West of Deep River 20% 			<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Total client visits each year</p> <p style="text-align: center; font-size: small;">2018 2019 2020 2021 2022 2023 2024</p> <p>The number of visits has crept up over time. On average we serve ~100 clients each month.</p> <div style="display: flex; align-items: center; justify-content: center;"> <div style="margin-left: 10px; font-size: small;"> <ul style="list-style-type: none"> ■ Deep River ■ Chalk River ■ West </div> </div> </div>
FOOD DISTRIBUTIONS			
<p>Total boxes of food provided ~4,100</p> <p>Sources of food:</p> <ul style="list-style-type: none"> ○ Boxes grocery reclamations 799 (20%) ○ Boxes donated food ~930 (23%) ○ Boxes purchased food ~2,400 (58%) 			<p>In 2024, food donations from all sources remained strong, thanks to our generous donors. About half of the food given out to clients was purchased by the Food Bank using monetary donations.</p>
FINANCIALS			
<p>OPERATING INCOME</p> <ul style="list-style-type: none"> ○ Individuals \$90,626 ○ Churches \$5,368 ○ Organizations & clubs \$22,950 ○ Businesses \$9,920 ○ Bank interest \$4,815 ○ Government \$15,000 			<p>In 2024, monetary donations to our Food Bank continued to be generous. Our bank balance remains in good shape.</p> <p style="text-align: center;">THANK YOU TO ALL OF OUR SUPPORTERS!</p>
<p>OPERATING EXPENSES</p> <ul style="list-style-type: none"> ○ Food purchases \$103,913 ○ Hygiene purchases \$2,193 ○ Facility & rent \$2,569 ○ Administration & insurance \$2,027 ○ Extra support services (taxi, emergency food) \$7,350 ○ Cash spent per client visit \$100.73 			<div style="border: 1px solid black; padding: 5px;"> <p style="font-size: small;"> <ul style="list-style-type: none"> ■ Food ■ Hygiene ■ Facility & Rent ■ Admin & Insurance ■ Support Services </p> <p>In 2024, ~93% of our spending was on food. We spent almost \$100 per client at each visit, and supplemented this with donated food.</p> </div>
VOLUNTEERS			
<ul style="list-style-type: none"> ○ Number of volunteers 20 			<p>Our volunteers take responsibility, work hard, and enjoy each other. The Food Bank runs on 100% volunteer effort (no payroll).</p>



Bridging the Distance:
MENTAL WELLNESS

Conversations for Older Adults
Across the Upper Ottawa Valley



YOU ASKED, WE LISTENED... Thanks to your input, we've made great changes for 2025!

Workshops will now have **Predetermined Locations** in Pembroke, Deep River, Chalk River, and Eganville, with the option to **Join Virtually!**



WORKSHOP #1

Grief & Loss	<ul style="list-style-type: none"> ● 275 Pembroke St. E., Pembroke ● 40 Joseph St., Chalk River
January 21st 1:00 - 3:00pm	<ul style="list-style-type: none"> ● 80 Glendale Ave., Deep River ● 12 Wren St., Cobden

WORKSHOP #2

Navigating Change	<ul style="list-style-type: none"> ● 275 Pembroke St. E., Pembroke ● 40 Joseph St., Chalk River
February 4th 1:00 - 3:00pm	<ul style="list-style-type: none"> ● 80 Glendale Ave., Deep River ● 30 Bell St., Eganville

WORKSHOP #3

Loneliness & Isolation	<ul style="list-style-type: none"> ● 275 Pembroke St. E., Pembroke ● 40 Joseph St., Chalk River
February 18th 1:00 - 3:00pm	<ul style="list-style-type: none"> ● 80 Glendale Ave., Deep River ● 30 Bell St., Eganville

WORKSHOP #4

Mental Health	<ul style="list-style-type: none"> ● 275 Pembroke St. E., Pembroke ● 40 Joseph St., Chalk River
March 4th 1:00 - 3:00pm	<ul style="list-style-type: none"> ● 80 Glendale Ave., Deep River ● 30 Bell St., Eganville

All locations uphold the values of inclusion and diversity.

AS ALWAYS, REGISTER BY CALLING THE NUMBER BELOW, BY EMAIL, OR VISIT FACEBOOK

facebook.com/upperottawavalleyPNI
 343-598-3468
 aa.uovpni@gmail.com

Funded by the
Government of Canada's
New Horizons for Seniors Program



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.

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