



+ TOP NEWS INSIDE

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PORTABLE CPR MACHINE

Thanks to a generous donation from the Black Bears Hockey Charity, DRDH was able to purchase a portable CPR machine! *See page 20 for more photos and information.*



CONSTRUCTION PROGRESS

Construction is progressing quickly on our new Long-Term Care Home and our new Primary Care Building. *See pages 4-5 for more photos and information.*

MARCH 2025

+ CEO'S CORNER

CONNECTING WITH OUR DRDH TEAM AND COMMUNITY



As March draws to a close and signs of spring begin to emerge, I want to take a moment to reflect on the season ahead—both the change, the uncertainty, and the sense of energy and renewal it will bring to our campus and community.

While the weather this month has been its usual mix of sun, snow, and everything in between, it's a reminder that change often comes with a little unpredictability. The same could be said for the exciting growth happening across our organization. Both of our construction projects continue to make steady progress, and this spring promises to be an especially busy and transformative time.

We remain on track for the completion of our new Primary Care Building by the end of May, with a move into our new space planned for June. Behind the scenes, our teams have been working incredibly hard to finalize everything from furniture and equipment orders to operational planning. In fact, some of the new equipment has already begun to arrive on-site, and it's both exciting and inspiring to see preparations taking shape for what this new space will make possible.

As anyone who has been through a move knows, transitions like this bring a lot of change—but they also open the door to new opportunities. This upcoming move is no different. It marks a significant step forward in our journey of growth and

modernization, and it's thanks to the efforts of so many on our team that we are so well-positioned to take that step.

A frequently asked question as we get closer to our move and finishing one of our construction projects is what will be going into the empty space when the Family Health Team and ambulatory care team members move into the new building. Right now, we do not have a clear answer as to what will be going into our empty spaces. However, there continues to be a lot of work to look at both options and needs for this space. Thank you to everyone who provided ideas, insights and suggestions for how we can best use our soon-to-be empty space—these ideas are currently being explored to see what is possible, with no clear plan yet determined. Stay tuned for more, and thank you to everyone who continues to provide information as we explore these options to see what is possible.

Lastly, also along the theme of change and moving ahead, I wanted to recognize that March also brought the celebration of International Women's Day, a moment to recognize and honour the incredible contributions of women across our organization and community. We are fortunate to work alongside so many strong, compassionate, and skilled women who lead, support, and inspire others every day. Thank you for the difference you make—not just in March, but throughout the year in leading, caring, and innovating how we do things at DRDH and beyond. I am incredibly proud and honoured to work alongside all of you.

As we move into spring, I hope you take a moment to soak in the momentum building around us. There's a lot to look forward to, and a lot to be proud of.

Thank you, as always, for the care, compassion, and dedication you bring to our organization every day. I look forward to sharing more updates as our spring unfolds.

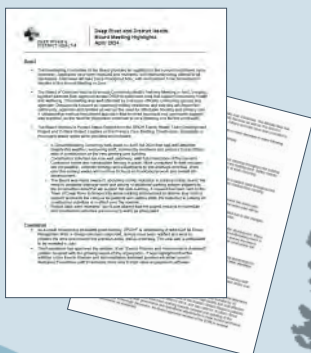
Sincerely,

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.

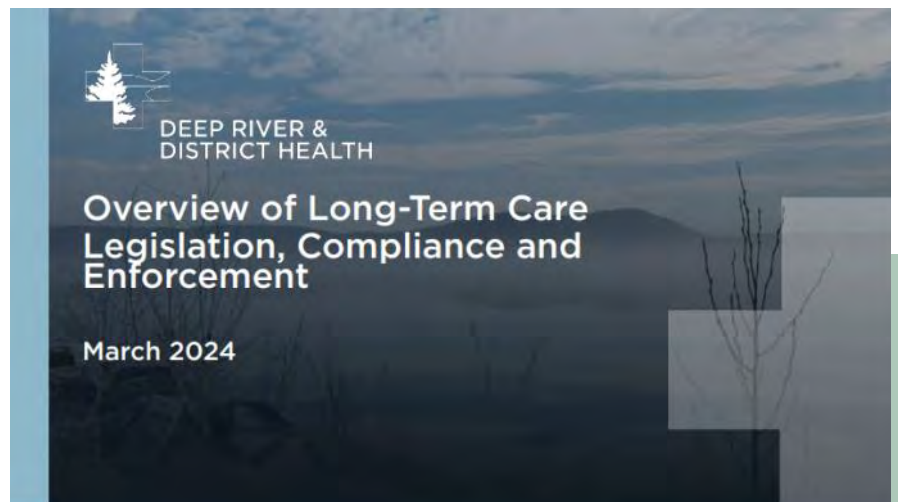
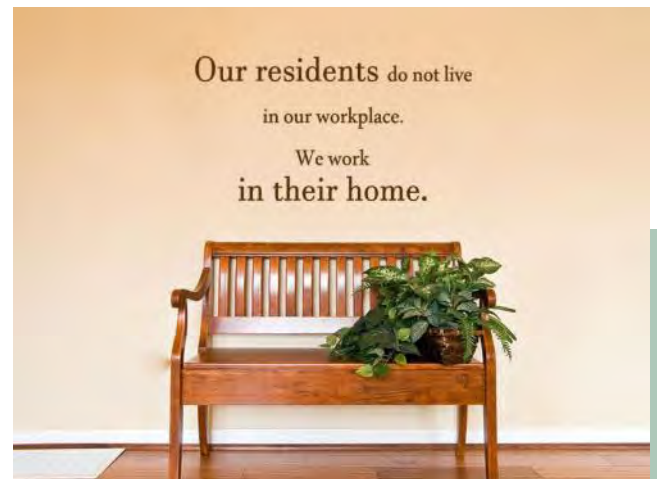


MANDATORY EDUCATION

APRIL 2025

Please see the assigned education for the month of April on Surge Learning. This is due to be completed by **Wednesday, April 30, 2025**. Please contact Rebekah if you are having any issues accessing the education.

Topic	Target Staff
Code Grey	All
LTC Act, Regulations & Policies, Inspection Protocols-PPT presentation (Overview of the FLTCA Inspections)	All
Customer Service-Annual Refresher	All
RICN Environmental Cleaning Best Practice - Daily Room Cleaning – Regular Room	Housekeeping
TASKI jet 38-50- Diversey Vacuum Video	Housekeeping
Ventilation Training (Ventilation 101, Youtube videos, Non-Invasive Positive Pressure Ventilation Policy)	RN
Transfusion Medicine	RN, RPN, Lab
CNO Medication Practice Standard	RN, RPN, NP



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

LONG-TERM CARE BUILDING PROGRESS



Exciting progress continues at the site of our new Four Seasons Lodge Long-Term Care home, with foundation walls now being complete! Our construction team is now back-filling around the foundation and continuing to work on important infrastructure, including the watermain connection to the new building.

Rock-breaking activities will also continue intermittently for at least the next few weeks as we move forward with site preparations.

Stay tuned for more updates as construction progresses!



PRIMARY CARE BUILDING PROGRESS



March 3, 2025



March 14, 2025



March 7, 2025



March 7, 2025



March 21, 2025

Construction of our new Primary Care Building is nearing completion! The project remains on-track for our team to move in this June. Some of our team members, including Sarah-Lynn and Tara pictured above, have been able to get some sneak peaks during planning walk-throughs this month.

Inside the building, our construction team has been working on flooring, painting, and lighting, while siding is being finished on the exterior.

Stay tuned for more updates as construction progresses!



STAFF HAPPENINGS

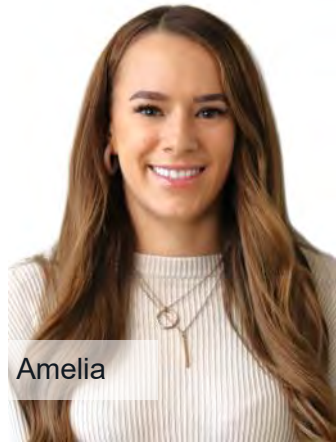
NEW HIRES



Michael



Maria



Amelia



This month, we are pleased to welcome four new members to our team. **Michael** is a Social Worker, **Maria** is a Registered Practical Nurse (RPN), **Amelia** is a Personal Support Worker (PSW) and **Amanda** (*not pictured*) is an Environmental Service Worker. Please join us in extending a warm DRDH welcome to all new members of our team!

WELCOME STUDENTS AND MEDICAL RESIDENTS



Dr. Neilson



Dr. Sypes



Alexia



We are also pleased to welcome three students and Medical Residents this month. **Dr. Neilson** and **Dr. Sypes** are both Medical Residents joining us from Ottawa U through the Pembroke Regional Hospital's Residency Program, and **Alexia** is a Practical Nursing student from Algonquin College completing her consolidation placement with us. Please join us in extending a warm welcome to all our students and residents!



STRENGTHENING OUR TEAM: NEW ROLES TO SUPPORT GROWTH AND CARE

As our organization continues to grow and evolve, adapting to ensure our teams have the support they need to thrive continues to be critical. We are excited to announce several new roles and resources that will enhance our ability to deliver excellent, compassionate care and support the development of our people. Feedback from our team has highlighted the need for enhanced support to retain, recruit, and grow together—ensuring a stronger future for our teams, patients, and residents.

The following adjustments to our permanent staffing will come into effect in the coming weeks and months:

Permanent Personal Support Workers in the Medical Inpatient Unit

We are pleased to share that previously temporary 12 additional hours of Personal Support Worker (PSW) coverage per day will be permanently added to our Medical Inpatient Unit staffing. These roles have been invaluable in supporting our medical team, ensuring that the right care provider is available at the right time to deliver comprehensive, high-quality care. The positions will be posted permanently in the coming week. A heartfelt thank you to our nursing team for providing valuable insights into the impact of these roles and for their patience as we integrate this additional resource into our unit permanently in the coming weeks.

Social Worker Resources for Acute Care

In response to feedback from nurses, physicians, families, and patients, we are excited to add 0.55 FTE of a Social Worker to our Acute Care Team. While social work support has been available in the Family Health Team, this is the first time a social worker will be embedded within acute care. This addition acknowledges the increasing complexity of our patients' needs, particularly in navigating the social factors that impact their care. Expanding our inter-disciplinary team strengthens our ability to support both patients and families holistically.

Scheduling Supervisor

Recognizing the need to continue to strengthen our approach to scheduling, we are introducing a Scheduling Supervisor position. This role will support the coordination of schedules, shift filling, and other key activities, allowing us to be more responsive to changes, staff needs, and the overall scheduling process. By enhancing our scheduling systems and resources, we aim to improve coordination across our teams and ensure a more seamless staffing experience. Thank you to everyone for their patience as we continue to work towards improvements in our scheduling systems that will support all of our departments to be well resourced and staffed going forward.

Vice President of People & Chief Human Resources Officer

Recognizing the importance of continuing to ensure we are investing in our team as our organization and workforce grows, we will be adding a Vice President of People & Chief Human Resources Officer to lead human resources activities throughout the organization. This new leadership role will provide strategic focus for daily support and long-term workforce growth, fostering coordination and leadership in initiatives that enhance the employee experience at DRDH. This role will provide dedicated leadership for human resources allowing us to enhance the work experience at DRDH, ensuring that our teams have the support they need to succeed. Recruitment for this position will begin this month.

These additions mark another important step in ensuring that our team has the resources and leadership needed to support our patients, residents, families, and community both today and as we move ahead into our exciting future together. Thank you to everyone who has provided feedback to help shape these decisions, and we look forward to welcoming these new roles to our organization.



WELCOME TO OUR HIGH SCHOOL CO-OP STUDENTS



Alexia



Sitara



Caileigh

This semester, DRDH is happy to be hosting three co-op students from Mackenzie Community School.

During their time at DRDH, **Alexia**, **Sitara**, and **Caileigh** will rotate throughout our clinical departments in order to gain greater exposure to healthcare and support exploration of different careers.

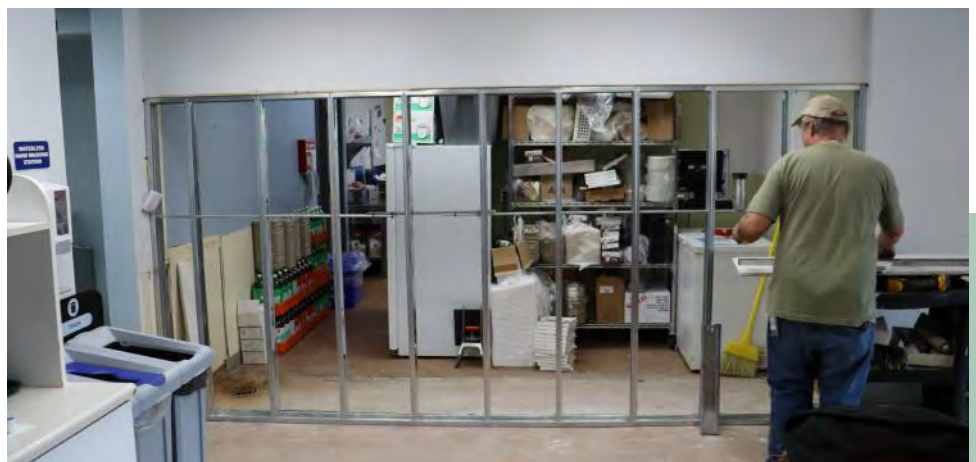
Please join us in extending a warm DRDH welcome to all three students!

- WELCOME -

CAFETERIA UPGRADES

The old servery and roll-up wall were removed from the cafeteria this month, greatly increasing our Dietary Team's dry storage area inside the kitchen.

New drywall is now installed, and we are waiting on a few final touches to arrive, including a white board and bulletin board, to finish off the space. Stay tuned for a final reveal next month!



HOOPP 2024 PLAN PERFORMANCE

Please see below a message from our pension provider, HOOPP:

Good afternoon,

I am pleased to inform you that HOOPP performed well in 2024 and was able to continue strengthening the Plan for our members and employers.

At the end of 2024, the Plan remained fully funded at 111%. That means we have \$1.11 in assets for every \$1 owed in pensions. We also posted a strong one-year return of 9.7% and saw the Plan's net assets rise to \$123 billion.

These are all excellent indicators of the Plan's overall health and can provide peace of mind that our members' pensions remain secure. The strength of the Plan helped HOOPP's Board make several decisions that benefit members and employers. These included a benefit formula improvement for eligible active members and keeping contribution rates stable until at least the end of 2026. In addition, the Board provided retired and deferred members with a full cost of living adjustment (COLA), effective April 1, 2024, to help protect their pensions against rising prices.

To learn more about these results and our commitment to members, I invite you to read our 2024 Annual Report and 2024 Highlights, which are both available through our Annual Results page on hoopp.com.

I am proud of what HOOPP has accomplished in 2024, my final full year as President & CEO. Now, as I approach my retirement and Annesley Wallace prepares to take the helm starting April 1, 2025, I want to share my confidence about HOOPP's future. This is an organization that takes excellent care of members and employers, and it will be in very capable hands with Annesley as CEO. Her leadership and experience, combined with the world class HOOPP team, will allow members to have the peace of mind that comes with knowing their pension remains secure.

Lastly, I want to express my gratitude to you and your employees for everything you do. It has been an honour serving you over my 26 years at HOOPP and I wish you all the best in the future.

Regards,

Jeff Wendling

*President & Chief Executive Officer
Healthcare of Ontario Pension Plan*



BANKING BENEFITS FOR DRDH EMPLOYEES

We're excited to share some amazing perks available to you as a Deep River and District Health employee! Through our partnership with BMO, you have access to several exclusive banking benefits designed to help you save and reach your financial goals.

Check out the recording from our virtual information session on [Surge Learning](#) to learn more about:

- **No monthly fee accounts with unlimited transactions**
- **Exclusive discounts on mortgage rates**
- **Bonus interest on GICs**
- **Access to BMO SmartProgress, an online financial wellness platform with resources to help you plan for the future**

Whether you're looking to maximize your savings, buy a home, or simply make your everyday banking easier, this session is your chance to explore all the ways BMO can support you.

Don't miss out on these valuable benefits!



JHSC BULLETIN BOARD UPDATE

Please be advised that the Joint Health and Safety Committee bulletin board has been temporarily removed due to renovations near the laundry area. A new bulletin board has been ordered and will soon be installed on the wall closest to the locker room entrance.

In the meantime, all inspection reports, meeting minutes, and other required documents remain accessible on Policy Medical, in accordance with the Occupational Health and Safety Act. Additionally, a copy of the Green Book is available through Mary Goodchild, our Human Resources Officer.

Thank you for your patience and cooperation as we make these improvements.

— Joint Health and Safety Committee



SPECIAL ENROLLMENT WINDOW FOR ADDITIONAL INSURANCE COVERAGE

We're excited to share that all eligible* employees—including part-time, casual, temporary, and contract staff—have a special opportunity to enroll in additional health, dental, and other benefits through the Health Care Providers Group Insurance Plan (HCP).

What is HCP?

Health Care Providers Group Insurance Plan (HCP) is an organization that has been providing insurance coverage to hospital and healthcare employees across Canada for over 25 years. Their plans are designed specifically for those who may not have access to employer-sponsored benefits or who want additional coverage.

Why is this important?

Normally, employees must enroll in an HCP plan within 60 days of being hired. However, for a limited time, HCP is offering a special 60-day open enrollment window, starting April 1st, to all employees who may have missed that initial opportunity.

During this window, you can enroll with guaranteed acceptance—no medical questions required. This is a voluntary plan that does not affect any existing benefits you may have with DRDH.

HCP's packages include a wide range of coverage, such as:

- Life insurance
- Long-term disability (LTD)
- Prescription drug coverage
- Massage therapy & chiropractic care
- Dental coverage
- ... and more!

**Please note: To be eligible, you must be actively at work and not currently on any type of leave, such as disability or maternity leave.*

To learn more about the various packages they offer, you can attend an HCP-hosted webinar during the enrollment period.

Click here for more details and webinar registration: <https://www.healthcareproviders.ca/deep-river>

If you have any questions, feel free to reach out to Human Resources.



A MESSAGE OF THANKS...

Below is a message of thanks we received from a patient about their care here at DRDH:

On a day I will never forget, I arrived at the emergency department at Deep River and District Health, feeling unwell. I was seen by Dr. Costain who was covering the Emergency Department that day. He was incredibly thorough in his assessment, and because of his diligence, he set in motion a series of events that ultimately saved my life.

After consulting with colleagues, he arranged for me to be transferred to a regional hospital that same evening for further testing. The results were shocking and life-changing, and soon after, I was transferred again for specialized treatment. I spent several months undergoing care, and today, I am deeply grateful to say I am in remission.

I want to express my sincere appreciation to the physician who took the time to look deeper when it would have been easy to send me home. His attention to detail and quick action made all the difference.

Thanks to the care I received at DRDH that day and the treatment that followed, I have been given a second chance. My life has changed, but I embrace each day with gratitude. I will never forget the doctor who set me on the path to recovery.

Sincerely,

A Grateful Patient



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.



A promotional graphic for the DRDH EStore. It features the DRDH logo (a green cross with a tree) and the text "DEEP RIVER & DISTRICT HEALTH". Below this, it says "DRDH EStore" in large white letters on a blue background. Underneath, it lists "SHOP EXCLUSIVE DRDH BRANDED: TSHIRTS | TOQUES | SWEATERS | DRINKWARE | JACKETS | SCRUB TOPS". It also includes the text "Buy directly from the online store, or by payroll deduction! A portion of each purchase goes to the DRDH Foundation" and the website "www.drdhstore.org". A QR code is located in the bottom right corner. To the right of the text is a blue water bottle with the DRDH logo on it.

A photograph of a green zip-up jacket with a high collar. The DRDH logo is visible on the lower left chest. A blue circular callout in the top right corner says "NEW GEAR ADDED!".



DEEP RIVER &
DISTRICT HEALTH

Spring SOIRÉE

EMPLOYEE RECOGNITION EVENT

APRIL

11

2025

THE BEAR'S DEN, DEEP RIVER

SOCIAL HOUR AT 5:30 | DINNER SERVED AT 6:00 PM

*2024 Service Award Presentations
& Essential Pieces Award to follow*

PLEASE RSVP BY MARCH 28, 2025

SERVICE AWARD RECIPIENTS AND
ESSENTIAL PIECES NOMINEES ARE
WELCOME TO ATTEND AND BRING A
GUEST FREE OF CHARGE

ADDITIONAL TICKETS
AVAILABLE FOR \$30

+ FAMILY HEALTH TEAM NEWS

Nutrition Month



As part of our celebrations for Nutrition Month, Dietitian Rebecca Poirier hosted an “Eating Well For Your Mind” Lunch n’ Learn for our team members on March 24, 2025. The session covered why nutrition is important for brain health, how nutrition relates to cognitive decline with aging, and what supplements may be beneficial.

Thanks Rebecca for an informative and engaging session!

FAREWELL AND BEST WISHES



We gathered to say farewell to two of our team members this month, as their time at DRDH has come to an end. We want to send both Juan-Carlos and Kelly off with best wishes. Thank you both for all your hard work and contributions during your time with us!



Register for Pathfinder Online!

Access Your Digital Mental Health Platform Today.

Access all of your employee assistance, workplace mental health and wellness support online through Homewood Pathfinder's innovative digital mental health platform. Create a profile and complete a short assessment if you'd like to receive guided care recommendations. Or, visit your dashboard to browse the resources available to you in the extensive online platform. Access personalized mental health and wellness multimedia content including videos, self-paced modules and exercises, digital wellness sessions, articles and more.

Homewood Pathfinder's digital mental health platform offers you access to personalized mental health and wellness support when you want it — anywhere, anytime by smartphone, tablet or computer.

How to register

Step One: Visit www.homeweb.ca and click 'Sign Up'.

Step Two: Type your company name and click 'Find it!' Select the correct company from the list provided. Enter information into the required fields, choose an email and password, and click 'Next Step'.

Step Three: Let us know how you are covered by Homewood, (e.g. through your organization or the organization of a family member), and let us know your relationship to the organization (e.g. employee, spouse, dependent, etc.). Submit the additional information required and click 'Sign Up' at the bottom of the page.



**Homewood
Pathfinder**
Employee Assistance & Mental Health

Register for
Pathfinder
online with
invitation
code

DRD746



**Homewood
Health**



Navigating Life's Unexpected Turns:

Managing Through the Chaos When Things Change That Are Beyond Your Control

What are life changes, and how do they affect mental health?

While we may not like changes very much, we all know that change is inevitable. But why do some life changes feel so overwhelming? Changes in our lives, whether big or small, expected or unexpected, positive or negative, can affect us deeply because they uproot our sense of security and daily routines and often create uncertainty. The unknowns introduced can be stressful and leave us feeling anxious, frustrated, afraid or even sad. These are all natural responses, and in most cases, we can begin to feel more confident as things get sorted and we return to more stability.

Some change comes about from the choices we make. There may be a kind of unspoken expectation that they will just happen as part of the natural direction our lives take. These changes, like finishing our education, starting a job, pursuing additional studies to help build a career, finding a loving partnership or relationship, and starting a family, certainly can introduce tension in our lives. The stress that arises here could be considered motivational and manageable, with some people even describing it as helpful¹.

What kinds of life changes are out of our control? Some life changes are out of our control. It's these kinds of unexpected changes, like:

- A personal health crisis or a loved one's illness,
- Loss of a job that causes you or your family to face an economic downturn that affects your financial stability,
- Moving to a new place, whether it's where you live currently or much further away where you don't have a support network yet,
- Ending a relationship
- Losing a friend or family member
- Experiencing an accident
- Living through a natural disaster or extreme weather events

that can overwhelm us and affect our mental health significantly, making us feel lonelier and more helpless and even sometimes leading us to believe that we can't possibly fix these problems.² However, the danger of pushing these feelings aside means that it can lead to more serious conditions such as depression, chronic anxiety and stress.

Click [here](#) to read the full article by Homewood Health.



FOUR SEASONS LODGE NEWS

Youth Orchestra and Museum Tour



The sounds of music filled the Lodge earlier this month, as the talented local youth orchestra visited our residents. Their uplifting performance brought smiles, memories, and a shared love of music. A big thank you Conductor Susan Morris, and to the entire orchestra for spreading joy and creating lasting moments with our community!



On March 27, residents had part 2 of their very own virtual tour of the School House Museum from the comfort of their living room.

Thank you to Dianne Lemire for coming back to finish sharing this unique and interesting way to learn more about the history of the Upper Ottawa Valley!



History of the Upper Ottawa Valley



**School House
Museum**

Rolph, Buchanan, Wylie and McKay Historical Society

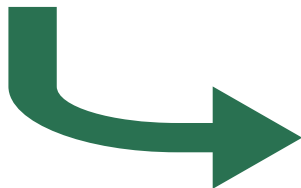
www.schoolhousemuseum.ca

FOUR SEASONS LODGE NEWS

Recreation Calendar

Don't miss out on any of the fun taking place in the Four Seasons Lodge!

Each month, the full calendar of activities is shared on our website. Click [here](#) to check out the latest calendar for April.



April 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:00 Virtual Church (PSW Led Activity) 4:00 Church Group	Foot Care Clinic 10:45 Exercises PSW Led Activity (Bingo)	10:45 Exercises 11:30 Book Club 2:00 Garden Planning	10:00 Bingo with Nancy 3:00 Taste of Home (Corned Beef) 4:00 Bocce Ball 6:00 Manicures	9:30 Knitting Club 10:45 Exercises 11:30 Board Games (Bingo)	10:30 Exercises 11:00 Pet Therapy - Moose 2:00 Cocktails and Chats with Ann	10:30 Bowling (PSW Led Activity)
11:00 Virtual Church 11:00 Bocce Ball 4:00 Church Group	10:45 Exercises PSW Led Activity (Bingo)	10:45 Exercises 11:00 Fondle & Recreation Committee 2:00 Book Club	10:00 Bingo with Nancy 2:00 Sensory Boxes (PSW Led Activity) 6:00 Crafts & Games 8:00 Live Cello	9:30 Knitting Club 10:45 Exercises 11:30 Board Games (Bingo)	10:30 Exercises 11:00 Pet Therapy - Moose 2:00 Cocktails and Chats with Ann	11:30 Coffee and Tea with Music 10:30 Bowling 11:30 Hang Man
Happy Easter! 11:00 Virtual Church (PSW Led Activity) 4:00 Church Group	10:45 Exercises PSW Led Activity (Bingo)	10:45 Exercises 11:30 Book Club 2:00 Garden Planning	10:00 Bingo with Nancy 3:00 Taste of Home (Peanut Butter Bread) 4:00 Bocce Ball 6:00 Manicures	9:30 Knitting Club 10:45 Exercises 11:30 Board Games (Council) 2:00 Cinema	10:30 Exercises 11:00 Pet Therapy - Moose 2:00 Cocktails and Chats with Ann	10:30 Bowling (PSW Led Activity)
11:00 Virtual Church 11:00 Bocce Ball 4:00 Church Group	10:45 Exercises PSW Led Activity (Bingo)	10:45 Exercises 11:30 Book Club 2:00 Cinema	10:00 Bingo with Nancy 3:00 Taste of Home (Butter Tarts) 4:00 Bocce Ball 6:00 Manicures	9:30 Knitting Club 10:45 Exercises 11:30 Board Games (Snakes and Ladders)	10:30 Exercises 11:00 Pet Therapy - Moose 2:00 Cocktails and Chats with Ann	9:30 Coffee and Tea with Music 10:30 Bowling 11:30 Hang Man

RESIDENTS' COUNCIL CORNER



The Residents' Council held a meeting on March 20, 2025. Hair Care Services were brought forward for discussion, as there have been requests for perming services. Options were reviewed and a decision will be finalized in the coming weeks.

Janna Hotson, DRDH President and CEO, and Jenny Hickson, Director of Care, attended the meeting to provide an update on construction of the new Home, sharing that it is on track for completion in March of 2027. Janna highlighted that the foundation and elevator shaft have been poured, and work continues on the water and sewer lines. It was also shared that in April, the residents can expect to see the metal framing going up! The residents shared they are really looking forward to providing input, when the time comes, on the paint colours and internal furnishings. The residents requested that

monthly updates be provided to the Council on the progress of the new Home.

The organization's Mission, Vision and Values were reviewed aloud with the Council as part of our annual review process. As part of our monthly review of the Residents' Bill of Rights, the following were reviewed: Right #4 – ***every resident has the right to freedom from abuse,*** and right # 5, ***every resident has the right to freedom from neglect by the licensee and staff.***

Ahead of April's Residents' Council meeting, the residents are hoping to extend invitations to the Home's Dietitian as the new menu will be reviewed, and also a member of our Physiotherapy team to discuss the Physiotherapy Programming.

FOOD & RECREATION COMMITTEE



The Food and Recreation Committee held a meeting on March 18, 2025. The Committee is excitedly awaiting an update on the newly ordered dishware and cutlery to replace the current set in the Home.

The meal choice of the month for March was reviewed, and everyone enjoyed the traditional St. Patrick's Day Irish meal. For April, the Committee is looking to coordinate a special lunch to celebrate Easter. The suggested menu includes ham, home

made scalloped potatoes, jelly salad, deviled eggs and fruit salad with whipped cream for dessert.

The Committee chatted about the performance by the Deep River Youth Orchestra earlier in the month and noted they would gladly invite them back again in the future. The Committee also discussed the Pet Therapy Program and how much the visits from Moose are being enjoyed by all.

JOIN OUR BOARD OF DIRECTORS



**DEEP RIVER &
DISTRICT HEALTH**
Foundation

**JOIN OUR
Board of Directors**

The Deep River & District Health Foundation is inviting new members to join our team.

Contact Us Now

613-584-3333 x7140
foundation@drdh.org



Contact Us Now

-  613-584-3333 x7140
-  foundation@drdh.org
-  For more information visit: drdhfoundation.com/news

The Deep River & District Health Foundation is now accepting applications for passionate individuals from the North Renfrew community to join our Board of Directors.

This is an exciting moment to get involved as the Foundation prepares to support the next transformative projects at Deep River & District Health, including facility upgrades and technological advancements. Joining the Foundation Board offers a meaningful opportunity to influence the health and well-being of our community by providing leadership and governance to support DRDH's dedicated and effective fundraising team.

To learn more about this volunteer position, email us at foundation@drdh.org, call 613-584-3333 x 7140 or visit the Foundation office at the DRDH campus at 117 Banting Drive in Deep River.

We welcome individuals with diverse skills and experiences. No previous board experience? No problem! If you have the commitment and a willingness to contribute, we encourage you to apply.



CONGRATULATIONS ANN!

CONGRATULATIONS



Split the Pot
Lottery

Early Bird Draw
Winner!!!

A big congratulations to Ann at Deep River & District Health for winning the Early Bird Draw with Split the Pot Lottery.

Win big & support your local hospital!

<https://on.splitthepot.ca>



RUN FOR HOME

Registration is NOW OPEN for Run For Home 2025!

Join us for an inspiring day of community, fun, and fitness as we raise money to support the Closer To Home campaign at Deep River & District Health.

Our goal this year is to raise \$45,000—so clean off those running shoes, register, and start collecting pledges!

Date: Saturday, June 28, 2025

Location: Deep River Arena

REGISTER NOW:

<https://drdhfoundation.com/RunForHome>



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

Saturday 8 AM START
06.28.25

DEEP RIVER ARENA
2 Club House Road
Deep River

REGISTRATION OPEN
drdhfoundation.com/RunForHome

THANK YOU TO THE BLACKBEARS!



This month, the Black Bears Charity presented the Deep River & District Health Foundation with a cheque for \$30,000 from the 18th Annual Black Bears Charity Hockey Tournament.

This generous donation has been used to purchase a fully automated CPR machine! The Lucas portable CPR machine delivers consistent, high-quality chest compressions, helping first responders and medical teams save lives during cardiac emergencies. It reduces fatigue, allows hands-free operation for other critical care, and ensures uninterrupted CPR even during transport.

Below are a few photos of our team receiving training on the Lucas in our Emergency Department and Medical Inpatient Unit.



A special thanks to medical student Nick for volunteering himself so our team could practice on a real person!

BONSPIEL AND BREAKFAST

Thank you to everyone who participated in our 2025 Bonspiel & Breakfast, as well as the Trivia & Pizza Night. It was a huge success with lots of laughs, great music, amazing food, and a lot of curling! From the three events combined we raised just over **\$12,000** for the Closer To Home campaign at Deep River and District Health.

Over 100 people attended the delicious french toast breakfast hosted by the DRDH dietary team, we had a full 16 teams for curling, and lots of new faces at the trivia night.

Without the generosity of several local sponsors, this event would not have been the success it was:

- Special thanks to our presenting Bonspiel sponsor, WCCT, for matching total donations up to \$5,000.
- Brum's Dairy
- Valu-mart
- Deep River Tim Hortons
- Pharmasave-Cahoon's Pharmacy
- Godfathers Pizza

Finally, we would like to thank the Deep River Curling and Squash Club who were such wonderful hosts, and of course, the dietary team from DRDH for all their help and support!



BONSPIEL AND BREAKFAST



Did You Know?

Nearly 90% of all curlers worldwide are from Canada.

Did You Know?

A full set of curling rocks is around \$9,600

Did You Know?

The earliest known curling stone dates back to the year 1511? It was found in a drained pond in Dunblane, Scotland.

Did You Know?

Curling is the only sport where players shake hands at the beginning, and end of each game.

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.*