



DEEP RIVER &
DISTRICT HEALTH

THE ZINGER

NEWSLETTER

+ TOP NEWS INSIDE

CEO's Corner	2
New Family Doctor	3—4
Auxiliary Support	4—5
Long-Term Care Building Updates	6
Primary Care Building Updates	7
Monthly Education	8
Staff Happenings	9
Physicians' Day	10
Nursing Week	11—15
Hospital News	18—19
Emergency Preparedness Week	20—23
Social Committee News	24
LifeLines	25
Four Seasons Lodge News	26—28
Foundation News	29—31

MAY 2025



DRDH WELCOMES NEW FAMILY DOCTOR

DRDH is thrilled to announce that Dr. Doniya Quenneville will be joining the North Renfrew Family Health Team in June 2025. *See page 3—4 for more information.*



AUXILIARY INVESTS IN PATIENT CARE WITH \$152,000 IN DONATIONS

The DRDH Auxiliary announced \$152,000 in donations at its Annual Meeting and Luncheon, held on May 8, 2025. *See pages 4—5 for more photos and information.*

CEO'S CORNER

CONNECTING WITH OUR DRDH TEAM AND COMMUNITY

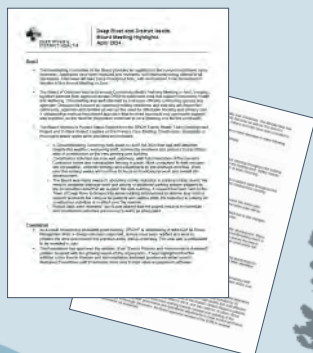
As May comes to a close, it's clear that this has been a full and fast-paced month across the organization. Teams in every area have continued to go above and beyond - supporting one another, meeting challenges head-on, and providing outstanding care and service to those who rely on us. The dedication and teamwork on display have been truly inspiring.

This month, one of the most exciting milestones has been seeing the Primary Care building enter the final stretch of construction. The finishing touches are coming together quickly, and the anticipation of moving into this new space is growing by the day. I want to extend a sincere thank you to everyone involved in preparing for the transition - from workflow planning to equipment coordination and team communication. Your efforts are laying the foundation for an incredible new chapter in care delivery for our community.

May also brought the opportunity to celebrate one of the most meaningful weeks of the year in healthcare - Nursing Week. What a celebration it was! The week was filled with appreciation, laughter, learning, and community - from valuable professional development opportunities to an abundance of delicious food and festive moments.

BOARD HIGHLIGHTS

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



One of the most powerful highlights was the *Nursing Week Recognition Wall*, created by our team, for our team. It was truly moving to see such genuine and thoughtful reflections shared, with each message a reminder that the day-to-day professionalism, compassion, and excellence shown by our Nursing Team does not go unnoticed. Nursing Week gave us a special opportunity to honour that work and recognize that each member of the team truly is an essential piece of what makes DRDH so exceptional.

As a nurse myself, I cannot express enough how proud I am to stand alongside such an incredible team of nursing professionals. Your expertise, compassion, and resilience are the heartbeat of our organization. You provide care and comfort during some of the most difficult times in people's lives, and you do it with unwavering strength and grace. Thank you for everything you do - not just during Nursing Week, but every single day.

Looking ahead, I know we have a lot of change and opportunity on the horizon, and I have no doubt that we will meet it with the same dedication, care, and excellence that define our culture.

Thank you for being part of this journey. It is an honour to work with you all.

Sincerely,

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



DRDH WELCOMES NEW FAMILY DOCTOR TO THE COMMUNITY

Deep River and District Health (DRDH) is thrilled to announce that Dr. Doniya Quenneville will be joining the North Renfrew Family Health Team in June 2025, further strengthening health care services for our community.

Dr. Quenneville will be establishing a new primary care practice while also providing care in the hospital's Emergency Department and Medical Inpatient Unit. The addition of Dr. Quenneville will enhance access to essential healthcare services for local residents and support the health and well-being of our community.



Dr. Quenneville will be accepting new patients from the Health Care Connect wait list who do not currently have a family physician or primary care provider. Residents seeking a family doctor must register with Health Care Connect by calling 1-800-445-1822 or [visiting the Health Care Connect website](#).

Dr. Quenneville brings a diverse background in health care to her new role as a physician. She began her career in Nursing, completing her undergraduate studies at the University of Ottawa and enjoyed providing community care before pursuing medical school at the Northern Ontario School of Medicine in Sudbury. She is a recent graduate of the University of Ottawa's Family Medicine Residency program, where she trained in Pembroke and gained hands-on experience alongside several previous and current local physicians in Deep River, including Dr. Kipp, Dr. Ceponis, and Dr. Sage. Dr. Quenneville is committed to providing comprehensive patient-centered family medicine as well as expanding access to gender-affirming care in the Ottawa Valley.

No stranger to rural living, Dr. Quenneville grew up in Elliot Lake and has trained in various communities across Northern Ontario and the Ottawa Valley. She and her wife, Amanda Quenneville, a previous resident of Deep River, relocated here last spring and look forward to raising their young daughter in this welcoming and vibrant community. Dr. Quenneville is excited to connect with local residents, both professionally and personally, and deeply appreciates the warm welcome she has already received from friends, neighbours, and colleagues at DRDH and the North Renfrew Family Health Team.

DRDH President and CEO, Janna Hotson, expressed enthusiasm about Dr. Quenneville's arrival. "We are delighted to welcome Dr. Quenneville to our team and to Deep River. Her expertise and passion for patient care will greatly benefit our community and help ensure more people have access to a family doctor."

Continued on next page...

- WELCOME -

DRDH WELCOMES NEW FAMILY DOCTOR TO THE COMMUNITY



As part of its continued commitment to health care excellence, DRDH remains active in physician recruitment efforts and is currently seeking to fill additional positions in primary and acute care.

The three municipalities of Deep River, Laurentian Hills, and Head, Clara & Maria recognize that recruiting and retaining physicians in North Renfrew is crucial to the physical and economic health of our communities. The four-party partnership with DRDH enables recruitment and retention activities to be supported.

Please join us in extending a warm welcome to Dr. Doniya Quenneville and her family as they begin this new chapter in our community.

Pictured here is Dr. Doniya Quenneville with her wife Amanda and their daughter.

DRDH AUXILIARY INVESTS IN PATIENT CARE WITH \$152,000 IN DONATIONS



Members of the Deep River and District Health (DRDH) Auxiliary announced \$152,000 in donations to Deep River and District Health at this year's Annual Meeting and Luncheon. Pictured here presenting a \$135,000 donation for the purchase of new cardiac monitoring equipment is Jane Pecoskie, Meagen Boisvenue – DRDH Vice President of Clinical Services and CNE, Judith Cloutier, William Willard – DRDH Executive Vice President and CFO, Marguerite Santone, Lee-an Baker, Janna Hotson – DRDH President and CEO, Marie Charbonneau, Maureen Bakewell, and Eileen Burke – Auxiliary President.

Continued on next page...

DRDH AUXILIARY INVESTS IN PATIENT CARE WITH \$152,000 IN DONATIONS

The Deep River and District Health (DRDH) Auxiliary announced \$152,000 in donations at its Annual Meeting and Luncheon, held on May 8, 2025. The event welcomed more than 80 Auxiliary volunteers and DRDH team members, celebrating the organization's longstanding contributions through volunteerism and financial support that continue to strengthen healthcare services at DRDH.

The largest donation this year, \$135,000, will go towards a new cardiac monitoring system for the Deep River and District Hospital's Emergency Department and Medical Inpatient Unit. This state-of-the-art system includes a central monitoring station as well as upgraded bedside monitors, enabling continuous cardiac observation for patients. Fully integrated with the Epic digital health records system, the technology will allow real-time consultations with remote cardiologists and provide access to cardiac reports for both patients and healthcare providers through MyChart. This investment is a significant step forward in improving patient safety and enhancing the quality of care at DRDH.

In addition, the Auxiliary contributed \$17,000 to the annual Preschool Speech and Language Program, ensuring that children across our region continue to receive essential early intervention services to support speech and language development.

A silent auction held during the event also raised \$600, which will be donated to the Four Seasons Lodge Long-Term Care Home to support recreation activities that promote residents' well-being and engagement.

Since its founding in 1974, the DRDH Auxiliary has donated more than \$2 million and contributed over 445,200 volunteer hours. From managing the Whistle Stop and Gift Shop, to supporting palliative care and enriching life at the Four Seasons Lodge, DRDH would like to extend thanks to every Auxiliary member for the essential role they play in enhancing care in our community.



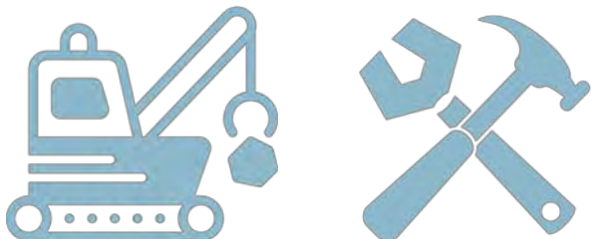
LONG-TERM CARE BUILDING PROGRESS



This month, the structure of our new Four Seasons Lodge Long-Term Care Home is going up fast! The center section of the home visible now includes the elevator, main entrance, and dining areas.

Preparatory work remains underway on a new roadway that will connect to the rear of the home, providing safe access for deliveries and other essential services.

Stay tuned for more updates as construction progresses!



PRIMARY CARE BUILDING PROGRESS



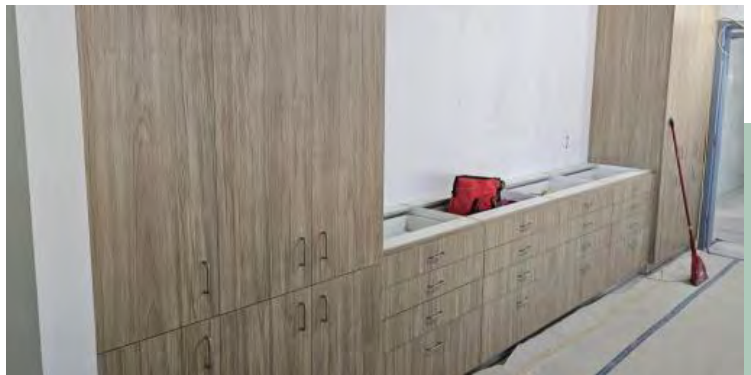
May 7, 2025



May 9, 2025



May 26, 2025

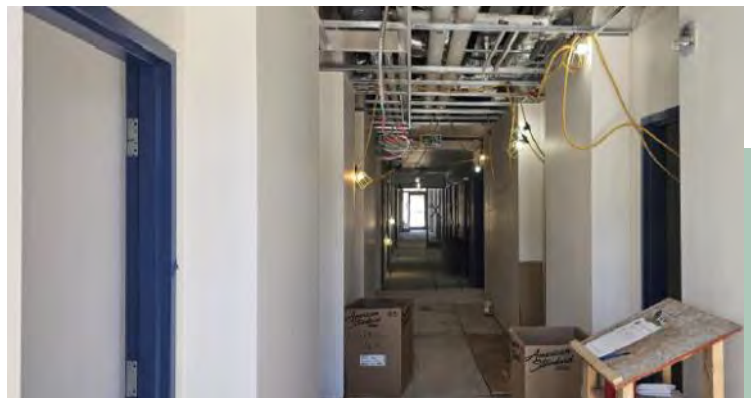


Excitement is building as we approach the final stages of construction on our new Primary Care Building.

Inside, crews are hard at work completing the finishing touches, including millwork, painting, ceilings, interior finishes, and building controls. As construction wraps up, our team is turning their focus to the next big milestone: moving in!

We're busy behind the scenes mapping out workflows, finalizing move-in schedules, and the arrival of new equipment and supplies. Every day brings us one step closer to welcoming patients into this new modern space.

Stay tuned for more updates as we count down to opening day!

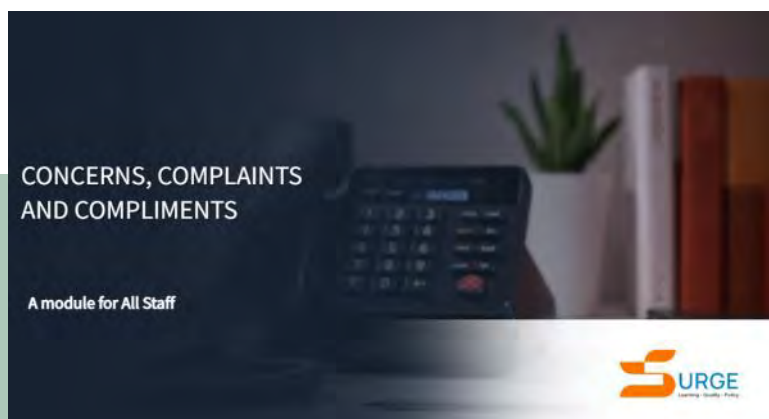


MANDATORY EDUCATION

JUNE 2025

Please see the assigned education for the month of May on Surge Learning. This is due to be completed by **Wednesday, June 25, 2025**. Please contact Rebekah if you are having any issues accessing the education.

Topic	Target Staff
Residents Bill of Rights	All
Patient Identification	All
Complaints, concerns & Compliments (Customer Service)	All
Disconnecting From Work	All
Test Result Management	Family Health Team
Best Practices for Environmental Cleaning	Housekeeping
Knife Safety Tips	Maintenance, IT
Machine Hazards	Maintenance
Hospira 360 IV Pump, 3M Ranger Blood/Fluid Warming Unit Video	RN, RPN
Lodge Shift Report Tool and Sample	RPN
Safe Eating & Hydration	RPN, PSW, Dietary, Rec



Fundamental Principle

Fixing Long-Term Care Act, 2021 Home: the fundamental principle

1. The fundamental principle to be applied in the interpretation of this Act and anything required or permitted under this Act is that a long-term care home is primarily the home of its residents and is to be operated so that it is a place where they may live with dignity and in security, safety and comfort and have their physical, psychological, social, spiritual and cultural needs adequately met.



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



STAFF HAPPENINGS NEW HIRES



Dallas



Anika



Maram



Roxanne



Mike

We're pleased to welcome five new members to our team this month! **Dallas, Anika, and Maram** are Personal Support Workers, **Roxanne** is a Pharmacy Technician and **Mike** has joined us as an Environmental Service Worker.

Please join us in giving them all a warm DRDH welcome!



EXCLUSIVE OFFER THROUGH ROGERS DIRECT

Did you know that DRDH team members are eligible for exclusive offers through RogersDirect?

Check out the latest offer here:



ROGERS Preferred Program

Special Offer for Employees of

Deep River And District Hospital Corporation

Work benefits that matter.

Get a Rogers Mobile Plan with 100GB of Data (Canada/US) for **\$55/mo.***

with Auto-Pay³ and program discount when financing a device.



iPhone 15 128 GB

iPhone 16 128 GB

Learn More Offer **50% off Service Setup Fee**
(One-time \$35 Credit Bill 7 for 81000) (New Customer/Multi-line Upgrades)

30% off Device Protection with select plans.⁴
(Reg. \$21.99/mo)

Travelling? Roam in 64 destinations With 250GB for only \$80/mo.
when you finance a device

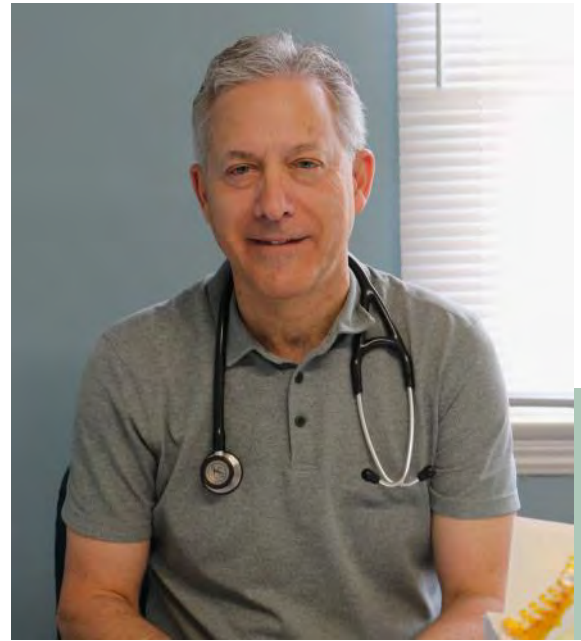
Exclusively Through RogersDirect www.rogersdirectrpp.ca



Receive Free Tempered Glass, a Clear Case and a Charging Cube with the purchase of an iPhone 15 or 16

Accessory offer valid 5/13/2025 - 5/31/2025. While supplies last**

HAPPY PHYSICIANS' DAY



May 1 was National Physician's Day - a time to celebrate the dedicated and skilled physicians who care for our patients, residents, and community with compassion, expertise, and unwavering dedication. From providing care in our hospital, long-term care home, family health team, or community - your commitment makes a difference every day.

Thank you for your tireless efforts, your leadership, and the excellent care you provide across the DRDH campus. We're especially grateful for the meaningful relationships you build with patients, residents, and families at every stage of life!

MEDICAL STUDENTS



We recently said farewell to medical students Nick and Shanghi, who have been learning alongside our local physicians since February.

Pictured here enjoying a goodbye lunch at The Hex is Nick, Dr. Armer, Dr. Sage, and Shanghi.

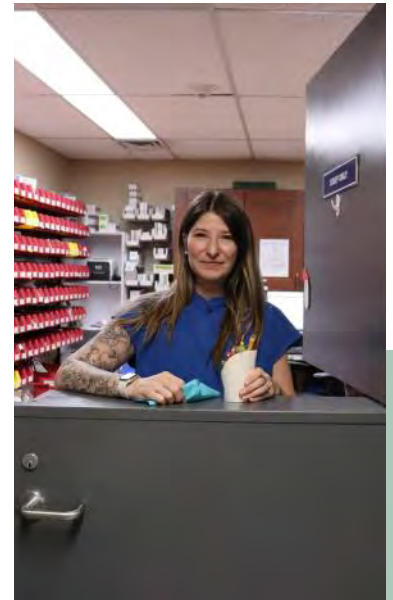
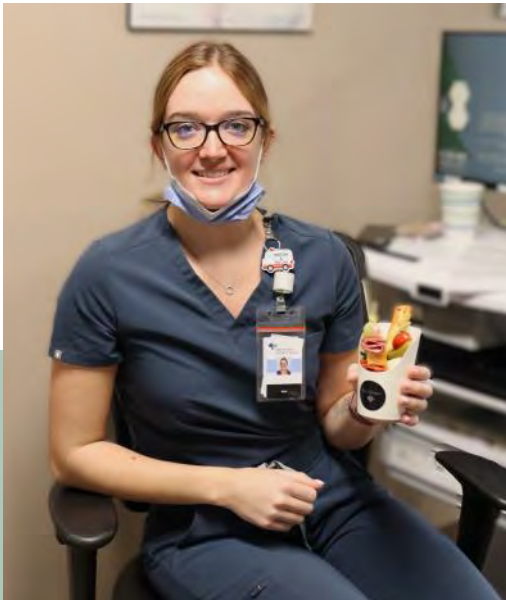
We wish them all the best in their next chapter, and hope to see them again soon!

HAPPY NURSING WEEK

We celebrated Nursing Week from May 12—18, 2025. Nursing week shines a spotlight on the tireless efforts, compassion, and resilience of our incredible nursing team in caring for our patients, residents, and community. We were proud to showcase those who provide exceptional care throughout all areas of our organization, including Registered Practical Nurses, Registered Nurses, Nurse Practitioners and Personal Support Workers.

Your dedication, knowledge, and kindness make a lasting difference, and we're so grateful for the vital role you play in delivering excellent, compassionate care!

Monday: You 'cheddar' believe it, you're amazing!



HAPPY NURSING WEEK!



HAPPY NURSING WEEK

Tuesday: Thanks a ‘grill’-ion for all you do!



FIND FLO WINNERS:

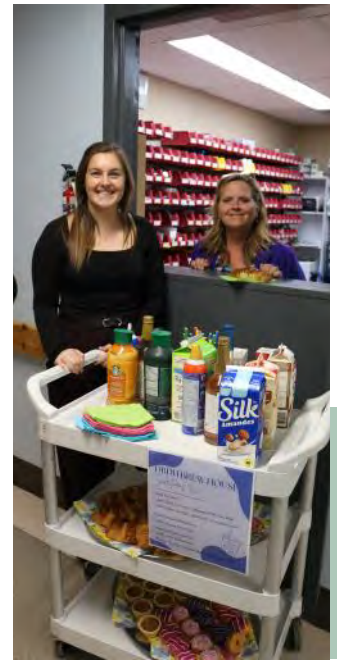
Christine
Whitney
Anna (twice!)

LUCKY DRAW WINNERS:

Alyssa	Paige	Carley	Corina	Craig
Dallas	Ann	Paige	Rachael	Jennifer
Sue	Sandi	Melissa	Bonnie	Heather
Sarah	Alesia	Catherine	Melanie	Megan

HAPPY NURSING WEEK

Wednesday: A little something to 'perk' you up!



Thursday: 'Yo-gurt' to be kidding me with how great you are!



HAPPY NURSING WEEK



Friday: Here's the 'scoop' - you're so appreciated!



HAPPY NURSING WEEK



Our Nursing Week recognition wall was bursting at the seams with **over 90 messages of appreciation!** Patients, families, and colleagues have filled it with heartfelt notes of thanks for our amazing nursing team. You're the heart of DRDH, and we couldn't be more grateful! From all of the notes of recognition received, a random draw was done, and the winners were **Heather and Anna!**

As we celebrated Nursing Week, we were reminded that while many things may change in the profession - technology, tools, and even the spaces we work in, the heart of nursing remains the same. Pictured here are members of our current nursing team Gillian, Paige, and Rachael, alongside Judy, a DRDH retiree. Judy once cared for patients in the old hospital, the former Operating Room, and the Emergency Department. Now she's part of the care team as a patient's family member. This meaningful moment highlights that the compassion, commitment, and connection at the core of nursing truly stand the test of time.

ADVANTAGE ONTARIO LONG-TERM CARE CONFERENCE



From April 30 to May 1, 2025, four members of our DRDH team proudly represented our organization at the annual Advantage Conference, joining long-term care professionals from across the province to exchange knowledge and innovative practices.

Jenny Hickson - Director of Care, and Ann Kelly - Food Service Supervisor, shared insights on resident dining with their presentation, "**Enhancing Resident Choice: Implementing an à la Carte Menu System in Long-Term Care**". Their session highlighted the positive impact of empowering residents through expanded mealtime options. Meanwhile, Janna Hotson - President and CEO, and William Willard - Executive Vice President and CFO explored the importance of leadership development in their session, "**Building from Within: The Power of Succession Planning**," showcasing our organization's commitment to growing our own.

Attending and presenting at the Advantage Conference allows our team to not only share the great work being done at DRDH, but also to learn from others, bring back fresh ideas, and strengthen our presence within the long-term care sector.

Of course, it wasn't all business - our team also embraced the lighter side of the conference, donning full western-themed, rodeo-ready looks for a night of country fun.

We're proud of our team for leading by example and representing DRDH with professionalism, passion, and just the right amount of cowboy flair!



TAMARACK STUDENTS

Students from Mackenzie Community School's Tamarack outdoor education program have been busy around the DRDH health campus this month. The Tamarack students are participating in a project with the Four Seasons Conservancy to design an accessible trail that would provide long-term care residents, and the general public, with an opportunity to enjoy the surrounding forest environment. The students assisted in defining the topography and the depth of the overburden soils and water table as input to the design of the trail, as well as a forest pond that would serve as a focal point for the accessible trail. The students also surveyed the trees of the area to assist in defining the best path for the future accessible trail.



COMMUNITY CPR AND AED TRAINING

The Deep River and District Community Foundation is providing grants to six recipient organizations this spring.

Among the recipients is the Upper Ottawa Valley Seniors Friendship Club, who will be using the funds to provide free CPR and AED training in Chalk River, Deep River, and Stonecliffe.

Deep River and District Health is pleased to play a part in supporting this initiative and valuable training for members of our community.





HOSPITAL NEWS

Rural Trauma Team Development Course



On May 13th, DRDH hosted the Rural Trauma Team Development Course, with 14 participants in attendance - including 11 Registered Nurses and 3 physicians.

This important course is designed to strengthen the response to trauma in rural settings by focusing on early identification and management of injured patients, recognizing local resources and limitations, initiating timely transfers, and fostering collaboration within the regional trauma system.

By building confidence, coordination, and clinical readiness, this educational opportunity supports our commitment to providing safe, high-quality care, no matter how critical the situation.





HOSPITAL NEWS

Patio Season at DRDH



With ice cream in hand and sunshine overhead, a group of our patients enjoyed a peaceful afternoon on the hospital patio alongside PSW Carley.

From their seats, they had a clear view to watch the construction taking place on our new long-term care home—an exciting glimpse at what's ahead for our health campus!

BMO BENEFITS FOR DRDH TEAM MEMBERS



Thanks to the representatives from BMO who were onsite on May 7 to teach us more about the exclusive banking benefits available to our DRDH team, including:

- **No monthly fee accounts with unlimited transactions**
- **Special mortgage rate discounts**
- **Bonus interest on GICs**
- **Access to BMO SmartProgress, a financial wellness platform**

Check out the virtual session recording on Surge Learning or reach out to BMO for all the details!



EMERGENCY PREPAREDNESS WEEK

During Emergency Preparedness Week this year, DRDH partnered with the Town of Deep River again to offer a chance for our community to win one of two 72-hour emergency kits, as well as some awesome daily prizes.

DRDH also offered chances to win a 72-hour kit and prizes that were exclusive to DRDH Team Members!

Thank you to everyone who completed the Emergency Preparedness Quiz for testing their knowledge and entering into the draws.

Pictured here is Chief Gary McRae – Fire Chief, Town of Deep River; William Willard – Executive Vice President and Chief Financial Officer, Deep River and District Health; contest winners Francois and Gary; Sean Patterson – Chief Administrative Officer and Community Emergency Management Coordinator, Town of Deep River; and Sergeant Andrew Gagne – Deep River Police Service.

Congratulations to community grand prize winners Gary and Francois, and daily winners Hailey, Stephanie, and Francescal!



Congratulations to DRDH grand prize winner MJ, and daily winners Jill, Josh, and Melanie!



DEEP RIVER &
DISTRICT HEALTH



THE ZINGER

Be Prepared.
Know Your Risks.

EMERGENCY PREPAREDNESS WEEK

Emergency Preparedness Week, held from May 4-10 this year, is a national initiative that encourages us to take action to better prepare for emergencies. By taking just a few simple steps, you can become more prepared to respond to a variety of emergency situations - anytime, anywhere. Start with the basics:

- **Know the risks:** Understanding the types of emergencies most likely to affect our region can help you plan effectively.
- **Make a plan:** Ensure you and your family know what to do if an emergency happens.
- **Get a kit:** In a crisis, you'll need basic supplies to be self-sufficient for at least 72 hours without power or tap water.

Check out some more helpful tips below:

CHECK AND REFRESH YOUR EMERGENCY SUPPLIES

Keep your first aid kit and sterilization supplies up to date. Store in a cool, dry place and replace expired items regularly.

PREPARE FOR CHRONIC CONDITIONS

Include tools like glucose meters or blood pressure monitors—plus spare batteries or backup power.

PACK MEDICAL SPECIFIC SUPPLIES

If you rely on items like catheters or insulin syringes, stock extra in your emergency kit.

DON'T FORGET THE KIDS!

Add child-friendly medications, fever reducers, and rehydration solutions with age-appropriate dosing info.

PERSONALIZE YOUR KIT

Include essentials like hearing aid batteries, glasses, or mobility aids to support every family member's unique needs.

LIST MEDICATIONS AND ALLERGIES

Keep a printed list of all medications, dosages, and known allergies for each family member in your emergency kit.



DEEP RIVER &
DISTRICT HEALTH



Be Prepared.
Know Your Risks.

EMERGENCY PREPAREDNESS WEEK

KEEP COPIES OF HEALTH DOCUMENTS

Keep a copy of health cards, vaccination records, and other important medical documents in a waterproof folder.

PLAN FOR POWERED EQUIPMENT

If you use oxygen, a CPAP, or other medical devices, ensure you have a power backup or evacuation plan.

LABEL MEDICAL SUPPLIES CLEARLY

Clearly label medications and medical devices in your kit so you can find what you need quickly in an emergency.

MAINTAIN A BASIC FIRST AID MANUAL

Even a basic first aid booklet can be helpful if professional care is delayed. Add one to your emergency kit.



Thanks to everyone who participated in the “Pick Your Plan” game and entered into the draw to win emergency preparedness supplies including fire blankets, rechargeable lighters, an foldable shovel, a first aid kit, and more. Congratulations to winners Josh, Jill, and Melanie!



DEEP RIVER &
DISTRICT HEALTH



THE ZINGER

Be Prepared.
Know Your Risks.

SAVE THE DATE

As part of our Emergency Preparedness partnership with the Town of Deep River, we are teaming up with the Deep River Fire Department to offer hands-on fire extinguisher training this July!

Multiple sessions are available - choose the date and time that works best for you and learn how to confidently respond in the event of a fire emergency. Register here: <https://forms.office.com/r/2hES1Zhn9H>

FIRE EXTINGUISHER TRAINING

BE READY, BE SAFE: HANDS-ON FIRE EXTINGUISHER TRAINING

4 sessions to choose from:

 JULY 10, 2025 | 2:00 - 3:00 PM

 JULY 17, 2025 | 2:00 - 3:00 PM

 JULY 24, 2025 | 2:00 - 3:00 PM

 JULY 31, 2025 | 2:00 - 3:00 PM

 Deep River and District Health
117 Banting Drive, Deep River

**REGISTER
NOW**

OPEN TO ALL!

Registration is free, but
spaces are limited



DEEP RIVER &
DISTRICT HEALTH



SOCIAL COMMITTEE NEWS



Creativity was flowing at our Paint Night on May 15, hosted by the DRDH Social Committee!

Team members, friends, and family gathered for a fun evening with plenty of laughs.

Thanks to everyone who joined in, and to the Social Committee for making it all happen!



Join us on Friday, June 6th, 2025 between 6:30 PM – 8:30 PM for an evening of retro themed bowling right here in Deep River!

Reach out to Amber at amber.cox@drdh.org to reserve your spot!



LET'S GO BOWLING
80's Edition
FRIDAY, JUNE 6, 2025
6:30 – 8:30 PM
(1 HR TIME SLOTS)
\$10 EACH
TEAMS OF 2-6 (ALL ARE WELCOME)
Deep River Bowling Alley
1 Ridge Rd., Deep River
Enjoy an evening out, while sporting your best 80's wear (optional) & bowl to some music of the era! Snacks and drinks will be available for purchase & opportunities to win prizes (best score, best dressed)!
Contact Amber Cox at amber.cox@drdh.org to reserve your spots by May 28, 2025
Any profits from this event will go to support future planning by the DRDH Social Committee



LIFE LINES

How PTSD and Addiction are Connected

Imagine waking up from a vivid dream where your heart is pounding, you are drenched in sweat, and you are completely panicked. Your mind wasn't necessarily just imagining things; you recognized that it was replaying your own difficult, painful past experiences very clearly and in exquisite detail, forcing you to re-live hardships that still profoundly affect and hurt you today. No matter what you try to do, you never seem to be able to escape these echoes of the past. You can't find refuge in sleep or even when you're awake, and so you feel constant anxiety.



You're desperate to quiet these memories, so you reach for something nearby that will give you a moment of peace – alcohol, pills, anything really. While this takes away the pain for a while, you've noticed that these are becoming less effective now. Instead of lasting for hours, the relief you get is shorter: it only dulls the nightmares for a bit. That's frustrating because you now seem to need so much more to try and block them out. One day, you find that what was working has stopped. But you still need relief, so you try to switch to something new, something stronger that will last longer. For people who have Post-Traumatic Stress Disorder (PTSD), this can be just a glimpse into their daily reality.

The thing is that PTSD and addiction are deeply connected. They are partners in a cycle that is difficult to interrupt and very challenging to break. The constant distress from unresolved emotional wounds of the past – the traumatic experiences – alters the brain. Escaping the pain through temporary relief is short-lived. Instead, the PTSD symptoms often worsen over time, and the desperate measures a person uses in an attempt to stop them can create a dependency.

What are some treatment options?

What kind of help is available?

It's essential to approach integrated treatment for PTSD and addiction. Focusing on one or the other alone does not lead to better outcomes as it does not address the vulnerabilities associated with each. Approaches that can help include:

Therapy

- Cognitive Behavioural Therapy (CBT), which can help people identify harmful thought patterns that contribute to substance use and PTSD symptoms.
- Eye Movement Desensitization and Reprocessing (EMDR) uses guided eye movements to help people process memories safely.
- Compassionate Inquiry Therapy (CI) addresses underlying trauma comprehensively by assessing the sources of trauma and their effects on the individual. Medication
- Antidepressants may help manage some symptoms of PTSD and reduce cravings for harmful substances.
- Medications can also reduce withdrawal symptoms and prevent relapse.

Support Groups

- Programs like Alcoholics Anonymous (AA) or Narcotics Anonymous (NA) can offer support through peers and promote accountability.
- Trauma-informed addiction recovery groups provide a safe space to discuss trauma struggles and challenges.

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



FOUR SEASONS LODGE NEWS

Mother's Day Brunch



On May 9, we hosted an early Mother's Day Brunch at the Four Seasons Lodge.

Everything from eggs benedict to French toast with berries and whipped cream was prepared by our exceptional dietary team for all to enjoy.

As a token of appreciation to all of the Mothers, Grandmothers and Great Grandmothers in our home, carnation bouquets were handed out by Abbie, pictured here, to spread a little extra cheer.





FOUR SEASONS LODGE NEWS

Cubs, Bingo and Shopping



On the evening of May 9, the Lodge welcomed a visit from the Cubs for a night of crafting, connection, and oven-baked s'mores! *Spoiler alert: they're just as delightfully messy when made indoors.*



A big thank you to the Cubs for bringing such fun energy and sweet treats to our residents!

Our residents gathered with team members and loved ones for a fun-filled bingo night on May 14, complete with laughter, a few lucky streaks, and plenty of friendly rivalry!



Thanks to the wonderful volunteers from the DRDH Auxiliary and their helpers, our residents enjoyed a cozy and convenient shopping day right at home on May 6.

The Whistle Stop pop-up shop was filled with everything from practical picks to little luxuries! Thank you to Marie, Marguerite, and Lee-an for making this day such a treat!





FOUR SEASONS LODGE NEWS

Birdwatching

On May 20, 2025, residents spent a peaceful afternoon birdwatching from their dining room, joined by our wonderful volunteers Marguerite and Marie, as well as our high school co-op student Caileigh.

We've spotted a wide variety of bird species in the courtyard this year, with the Evening Grosbeaks keeping our feeders busy - and nearly empty!



FOOD AND RECREATION COMMITTEE



The Food and Recreation Committee met on May 20, 2025, to share updates and gather input from residents.

The Committee is excited to share that the newly selected dishware and cutlery will be introduced alongside the launch of our updated menu at the beginning of June.

Plans were shared for a Father's Day celebration, where residents and their loved ones will be invited to enjoy a BBQ lunch on Friday, June 13, 2025.

Committee members also discussed their upcoming visit with the local Cubs group, scheduled for June before the Cubs take a break for the summer. The residents look forward to welcoming the Cubs back in the fall!

In June, residents be joined by volunteers from the Deep River Horticultural Society, who will assist with planting our raised garden beds and share gardening tips with those interested.

Residents are also looking forward to the return of theme days, starting in June with *Twin Day*, where residents and staff are encouraged to dress alike. July's theme will be *Hawaiian Tropical Day* - a chance to bring a little island sunshine into our home!

Lastly, there's great excitement building for the upcoming Run for Home. Residents are eager to cheer on participants and learn more about progress on the new 96-bed Long-Term Care Home.



RESIDENTS' COUNCIL UPDATE



The Residents' Council met on May 22, 2025, with Sybil as the newly elected Council President. At the meeting, there was a real sense of excitement as we look ahead to the summer season!

Residents shared how pleased they are about the progress on the new Long-Term Care Home and are looking forward to seeing it take shape. With warmer weather here, a bird bath has been added to the patio, with residents enjoying more time outdoors.

The Council reflected on our Mother's Day brunch, where residents thoroughly enjoyed the meal and the time spent with one another.

Looking ahead, residents are excited about the upcoming activities planned for June, including visits

with the Cubs, s'more nights, gardening, weekly BBQs, Twin Day, Elder Abuse Awareness Day, and our Father's Day celebration.

As part of the meeting, residents reviewed **Resident Bill of Rights #8 and #9**, which focus on freedom from abuse and the right to proper care. There was a shared consensus that these rights are being upheld and respected in our home.

Residents also raised thoughtful questions about the meaning of inclusivity and equality, and expressed interest in learning more. The Council has requested further education on these important topics to help build an even more welcoming and understanding environment.

FAREWELL JAMES

On May 8, we said a heartfelt goodbye to James Thompson as he wrapped up his time with DRDH and the DRDH Foundation. Over the past three years, James has made an incredible impact - revitalizing our Foundation, strengthening support for local healthcare, and leading the Closer to Home Campaign, which has raised over \$2 million and counting for our new long-term care home and health campus.

Through his vision, dedication, collaborative spirit and talent for building meaningful relationships, James has helped shape the future of care in our region. His leadership has left the Foundation stronger, more vibrant, and well-positioned for continued success.

While we're sad to see him go, we're deeply grateful for all he's accomplished and excited to see what he'll take on next!



Best Wishes

As James and his wife embarks on a new adventure—we hope you *chop* your own path (safely!) and build something great.



It was a family affair as we wished James farewell! Pictured here is James with his two siblings—Josh and Rebekah, both of whom continue to be part of our DRDH team.



REGISTER NOW - 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 \$50,000—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



RUN FOR HOME
UPDATE

\$50,000
\$30,900

\$50,000 GOAL

WCCT

PHARMASAVE Cahoon's Pharmacy

Closer to Home
BUILDING CARE. BUILDING COMMUNITY

61%

Saturday, June 28th, 2025

We have already surpassed the \$30,000 mark—that's 61% of the way to our goal of raising \$50K!

Don't stop now! Whether you are a seasoned runner, or just like to be out in the fresh air, enjoying nature, Run For Home is for everyone!

This year's Run for Home is generously sponsored by:
Pharmasave-Cahoon's Pharmacy & WCCT

PHARMASAVE **Cahoon's Pharmacy**



WORKPLACE FALLS AWARENESS WEEK

Workplace Falls Awareness Week was recognized from May 5–9, 2025, and it's an important reminder that slips, trips, and falls are some of the leading causes of missed time at work each year for healthcare workers. Falls can happen to anyone - whether you're walking in the parking lot, navigating a busy hallway, or simply reaching for something in a supply closet.

At DRDH, we're committed to creating a safe environment - not just for our patients and residents, but for all our dedicated team members. On behalf of our Joint Health and Safety Committee, here are some key tips that support the prevention of workplace falls:

- **Keep your work space clear of hazards**
- **Remove obstacles that could block walkways or work areas**
- **Wear proper footwear and report all concerns, incidents, injuries, near misses, or violations**

Employers and employees both share responsibilities when it comes to safety. Following occupational health and safety regulations is essential to protecting ourselves and each other, and to making DRDH a safer place to work.

Below are additional quick safety reminders and tips to help us all stay on our feet:

PREVENTING FALLS from **SLIPS and TRIPS**

That's approximately **28,353** slips and trips annually

ONE STEP AT A TIME

About **12%** of all accepted injury claims are from a slip or trip.

PRACTICE good housekeeping:

- CLEAN up all spills and debris immediately
- MARK or IDENTIFY spills and wet areas
- KEEP walkways clear of clutter and other obstacles
- CLOSE file cabinets and storage drawers immediately
- COVER or TAPE down cords or cables

SELECT and WEAR proper footwear:

- MATCH your footwear to all the hazards of your job
- KEEP shoes in good repair, clean and free from contaminants

5 WAYS to REDUCE the RISK of Slipping or Tripping

- SLOW down and pay attention to where you are going
- KEEP walking areas clear from clutter or obstructions
- PLACE each foot firmly and flat on the floor
- KEEP flooring in good condition
- ADJUST your stride to be suitable for the walking surface and the task
- USE installed light sources that provide sufficient light for your tasks
- WALK with your feet pointed slightly outward
- USE a flashlight if you enter a dark room
- MAKE wide turns at corners
- DO NOT LET objects you are carrying or pushing block your view

Common CAUSES

Slips

- Slippery materials (water, ice, snow, oils, powders, granular solids)
- Slippery surfaces (polished tile or stone, smooth painted concrete or metal)
- Inappropriate footwear for the surface

Trips

- Uneven walking surfaces
- Unexpected or unseen steps, platforms or thresholds
- Wrinkled carpeting, or loose rugs or mats
- Obstructions such as an open bottom file cabinet drawer
- Exposed or loose cables, wires or cords
- Clutter on the floor or stairs

Employers should make sure the health and safety program includes slips and trips prevention:

- CONDUCT regular inspections
- IDENTIFY high-risk areas such as stairs, entrances, and high-traffic areas
- TRAIN managers, supervisors and workers

CCOHS.ca
Canadian Centre for Occupational Health and Safety

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