

# THE ZINGER NEWSLETTER

#### TOP NEWS INSIDE

1
7
3
5
9
25
27

## **JUNE 2025**



#### HOSPICE CARE COMING TO DRDH

DRDH is proud to announce the addition of dedicated hospice care to our health campus in the coming years. *See page 5—7 for more information.* 



COMMUNITY PLANTING DAY

Volunteers of all ages rolled up their sleeves to help bring our gardens to life at our Community Planting Day on June 22, 2025. See pages 14—15 for more photos and information.

## CEO'S CORNER CONNECTING WITH OUR DRDH TEAM AND COMMUNITY

As we turn the page on June, I want to take a moment to reflect on what has been a truly historic month for Deep River and District Health.

This month, we had the privilege of announcing the expansion of our campus to include dedicated hospice care - an addition that will significantly enhance the services we provide to our community. This is a milestone for our organization and community, guided by heartfelt advocacy, and deep listening to our patients, families, team members, and community partners. Through extensive conversations and community engagement, it became clear that access to high-quality, local end-of-life care in a dedicated setting was a top priority - driving our determination to bring this vision to life.

On June 25, we gathered with our team members, residents, volunteers, and community members for a special celebration to mark this milestone. It was a beautiful afternoon filled with shared purpose, great conversation, and a strong sense of what we can achieve together. When our new long-term care home opens in 2027, the current Four Seasons Lodge building will be transformed into a warm, home-like hospice residence that offers comfort, dignity, and support for individuals and families navigating the final chapter of life.

This announcement is more than just a service expansion, it represents our continued commitment to growing in ways that reflect the real and evolving

#### BOARD HIGHLIGHTS

Click <u>here</u> to read the latest edition of our Board Meeting Highlights.



needs of the people we serve. It's about ensuring that every person in our



community has access to compassionate care, close to home, at every stage of life.

June was also filled with other signs of growth and momentum. Construction on both the new long-term care home and primary care building continues to move forward. Our Community Planting Day on June 22 brought together volunteers of all ages to help bring our gardens to life - just one example of how people are showing up and investing their time and energy in the future of our health campus. We also celebrated our most successful Run for Home event in support of local healthcare. From those who ran, fundraised, donated, or braved the heat to planted trees - thank you. Your support is helping to build something lasting and meaningful for our entire community.

We also had the pleasure of welcoming our new Member of Provincial Parliament, Billy Denault, for a tour of the site. It was a chance to showcase the incredible progress being made and to continue building strong, supportive relationships with the province as we carry this work forward.

Throughout all of this, what stands out most is the spirit of this team. Whether it's welcoming new medical learners, celebrating Pride Month, supporting community events like Run for Home, or simply showing up each day with compassion and excellence - you are what makes this place special. Thank you for everything you do.

Wishing everyone a safe and restful start to the summer, and time filled with enjoying the outdoors, family, and a little time to recharge. We've got exciting work ahead, but for now, let's take a moment to celebrate how far we've come.

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

## ANNUAL REPORT

#### 2024-2025 ANNUAL REPORT NOW AVAILABLE

## **Annual Report**

2024-2025





Deep River & District Hospital — Four Seasons Lodge Long-Term Care Home — North Renfrew Family Health Team —

#### The 2024-2025 Annual Report is now live!

Deep River and District Health is proud to share our 2024–2025 Annual Report.

The Annual Report features a joint message from our Board Chair and CEO, highlights of our progress towards strategic goals, service statistics, a summary of our financial performance, and more.

Guided by our 2023–2027 Strategic Plan, we continued to make meaningful progress across our three strategic pillars: People, Growth, and Community.

We are grateful to our team members, physicians, partners, and volunteers whose dedication has driven this year's progress. Their commitment to excellence helps ensure an excellent, compassionate care experience, every time.

Check out the full Annual Report here



Check out <u>this video</u> showcasing drone footage of our health campus by Ottawa Valley Media and Entertainment.

The transformation of our campus since this time last year is remarkable!







#### HOSPICE CARE COMING TO DEEP RIVER AND DISTRICT HEALTH

Deep River and District Health (DRDH) is proud to announce the addition of hospice care to our health campus, a transformative step that marks the introduction of a new and vital sector of care for our community. With the addition a dedicated hospice - one of only a few facilities in the Ottawa Valley - DRDH will expand our existing services and supports to provide focused, compassionate end-of-life support for individuals and families in the region.

"Our campus of care is growing to meet the evolving needs of our community, not only today, but well into the future," said Janna Hotson, President and CEO of DRDH. "Providing compassionate, person-centered care at the end-of-life is something our teams already do exceptionally well. The addition of hospice care allows us to expand this important work further, offering that same high-quality care in a dedicated setting designed specifically for comfort and support. This is an important and meaningful step forward for our campus and our community - bringing end-of-life care closer to home, so individuals and families no longer need to travel far to access the support they deserve."

The announcement of new hospice beds at DRDH is part of the Ontario government's Your Health plan, which includes an investment of up to \$19.75 million to add 84 new adult hospice beds across the province by 2027. Upon opening, DRDH's hospice will offer a home-like environment for individuals in their final days, while also easing pressure on hospitals and offering support for families during one of life's most difficult journeys.

As part of the ongoing evolution of our campus, the hospice will be developed within the space currently occupied by the Four Seasons Lodge Long-Term Care Home. In 2027, Four Seasons Lodge residents will move into our new 96-bed long-term care home currently under construction. At that time, the vacated space will be repurposed to create a dedicated hospice residence designed with dignity and comfort in mind.

The need for local hospice care was clearly identified through a comprehensive Community Needs Assessment and Population Health Analysis recently undertaken by DRDH. These initiatives gathered insight from patients, families, DRDH team members, health care providers, and community partners, highlighting end-of-life care as a top priority for our region.

"We listened carefully to what our community shared with us," said David Cox, Chair of the Board of Directors at DRDH. "Their message was clear - we need more access to high-quality, local end-of-life care. We are incredibly grateful for the efforts of our leadership team in advocating for our community, and to the Government of Ontario for recognizing this critical need."

Hospice care represents a new chapter for DRDH, one that is rooted in compassion, dignity, and the belief that every person deserves to be cared for like a loved one. The new hospice will become a cornerstone of DRDH's integrated, person-centered approach to care, ensuring that people in our community are supported through all stages of life.



The current Four Seasons Lodge Long-Term Care Home, pictured here, will be transformed into a new hospice space in 2027, bringing dedicated compassionate end-of-life care to Deep River and District Health.

#### HOSPICE CARE COMING TO DEEP RIVER AND DISTRICT HEALTH













On June 25, we held a special announcement BBQ, which was a fantastic afternoon filled with good food, great company, and a chance for us to share the welcome news that dedicated hospice care will be added to our health campus.

Hospice care will be coming to DRDH after our current Four Seasons Lodge Long-Term Care Home's residents move into their new home in 2027.

We're proud to celebrate this meaningful milestone with our team and community who make it all possible!

#### HOSPICE CARE COMING TO DEEP RIVER AND DISTRICT HEALTH













## - HERE WE GROW AGAIN -

#### LONG-TERM CARE BUILDING PROGRESS







This month, the structure of our new Four Seasons Lodge Long-Term Care Home is continuing to take shape!

As framing work continues, please be aware there may be construction noise in the area over the coming weeks. Thank you for your understanding as we continue building a welcoming, modern home for 96 future residents.

Stay tuned for more updates as construction progresses!







#### PRIMARY CARE BUILDING PROGRESS







This month, the construction crew is continuing with the finishing touches on our new Primary Care Building. Our team also continues to plan for their move into this new space, as more equipment and supplies arrive onsite.

Our Community Planting Day also took place this month, with volunteers helping to plant all the gardens surrounding the building thanks to guidance from the Deep River and Area Horticultural Society.

While some areas of the gardens may look modest now (some plants are just getting started!), with time and a little care, these native species will take root and flourish - creating a welcoming landscape for patients, team members, and visitors to enjoy for years to come.

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







See pages 14-15 for photos of our Community Planting Day!

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

Торіс	Target Staff
Ethics in Healthcare	All
Code Black	All
Evacusled Education	All
Wireless Communication Device Use in Patient Care Areas	All
Incident Report Policy	All
IPAC Part 3-Module 2-Surveilleance and Outbreak Management	All
Best Practices for Environmental Cleaning	Housekeeping
ORBCON Tech Access Basic	Lab
Adverse Drug Reactions (Vanessa's Law)	RN, RPN, Pharmacy
BSO DOS Instructional Video	RN, RPN



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

# STAFF HAPPENINGS



We're pleased to welcome four new members to our team this month! **Aneta** and **Crystal** are Registered Practical Nurses, **Sasha** is a Registered Nurse who will be assuming the role of Clinical Scholar, and **Lori** is a Food Service Worker.



Please join us in giving all our new team members a warm DRDH welcome!



#### HAPPY PRIDE MONTH

At DRDH, we are proud to celebrate Pride Month and honour the diversity of our community. Everyone deserves compassionate, respectful care - and we stand in solidarity with our 2SLGBTQIA+ patients, residents, team members, and community members.

As we recognize the history and progress of the Pride movement, we also reaffirm our commitment to keep learning, listening, and advocating for a future where everyone feels safe, valued, and supported.

Happy Pride from all of us at DRDH!

#### HEALTH AND SAFETY BULLETIN BOARD

Check out our updated Health and Safety bulletin board now larger and in a more convenient location outside the staff locker rooms! It's packed with helpful information to keep our team informed, prepared, and safe.





THE ZINGER

#### COMMUNITY WEEK

In late May and early June, DRDH was proud to host first-year medical students from Queen's University and the University of Ottawa as part of Community Week!

Community Week gives future physicians a chance to immerse themselves in rural healthcare, shadowing local physicians while getting a feel for the pace, people, and possibilities of life in the Ottawa Valley.

Throughout their week, these students joined our clinical teams and gained valuable hands-on experience. They also took part in the local lifestyle with a variety of activities designed to showcase the unique perks of living and working in our region.

Thank you to everyone who gave them a warm welcome and shared their favourite things about living in Deep River. Who knows? You might have inspired them to return one day - or to call the Ottawa Valley home!



Pictured above is Dr. Sage with Madlen, learning the ropes of Hospitalist care on our medical inpatient unit, Dr. Ceponis with Rachel, and Alyssa along with Sam, RN, and Dr. Ben Amor experiencing a busy day in the live of a primary care clinic.



Pictured to the left is Dr. Armer with medical student Serina, as well as Dr. Ben Amor with medical student Anna Maria, and resident Dr. Sypes.

Special thanks to the Town of Deep River for preparing thoughtful swag bags filled with keepsakes to help our visitors remember their time here!

Below are photos of the students enjoying local attractions with physicians Dr. Ceponis, Dr. Sage, and Dr. Quenneville.









Volume 16 Issue 6

THE ZINGER

#### FAREWELL STUDENTS AND RESIDENTS



We were pleased to host these talented medical learners during their recent placements at DRDH - Luca, Dr. Sypes, and Rayan! Their energy, curiosity, and compassion made a lasting impression on our team and community. Thank you for your time at DRDH, and we hope to welcome you back for future placements or, better yet, as permanent members of our local healthcare team some day!

### - FAREWELL FOR NOW -

#### **ADVANTAGE ONTARIO**

Executive Vice President and Chief Financial Officer, William Willard, served as facilitator and presented at an Advantage Ontario education session in May on "Advanced Long-Term Care Funding, Budgeting & Reporting."

Participants from across Ontario attended for a full-day, deep dive education session into advanced long-term care funding and reporting.



#### COMMUNITY PLANTING DAY





A huge shoutout to everyone who came out and lent a hand at our Community Planting Day at our new Primary Care Building!

Despite the heat and humidity on June 22, we had a fantastic turnout - with volunteers of all ages rolling up their sleeves to help bring our gardens to life.

Thanks to your efforts, the gardens are now planted with a beautiful mix of native species that will add a welcoming touch for years to come.

We're so grateful for your time, energy, and commitment to making our health campus greener and more vibrant. Here's to growing wellness - together!



5, and let's create a space that grows ass from the ground up /p to assistance@drdh.org Deep River Horticultural Society Keepeing Deep River Receipted



3

munity

01

THE ZINGER

#### COMMUNITY PLANTING DAY















#### HAPPY PHYSIOTHERAPY MONTH

Last month was Physiotherapy Month, and we shone a spotlight on the incredible work of our physiotherapy team at DRDH!

Whether supporting hospital inpatients on their recovery journeys or helping residents in our long-term care home maintain strength and mobility, this team plays a vital role in promoting independence, well-being, and quality of life.

Their knowledge, compassion, and collaboration make a meaningful difference each day - and we're so grateful.

Thank you to our dedicated physiotherapy team, including Physiotherapy Assistant Lynne pictured here!



#### WELCOME MPP DENAULT







We were pleased to welcome our new Member of Provincial Parliament, Billy Denault, to DRDH recently!

It was a great opportunity to showcase the exciting progress underway across our campus, including the construction of our new Primary Care Building and our new Long-Term Care Home.

Thank you, MPP Denault, for taking the time to visit and learn more about the important work happening at DRDH. We're excited to grow our partnership and continue building a healthier future for our community together.

## SIGN UP TODAY!

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: <u>https://forms.office.com/r/2hES1Zhn9H</u>



#### SOCIAL COMMITTEE NEWS



Thank you to everyone who joined us for a totally tubular time at DRDH's Retro Bowling Night on Friday, June 6, 2025! The night was filled with friendly competition, epic strikes, and serious 80s vibes - thanks to our amazing Social Committee for organizing!

Big congrats to Rebekah for the highest bowling score, and to Jeff for being the best dressed (trust us, the photo doesn't do justice to his full-out 80s look!)



#### SOCIAL COMMITTEE NEWS







## LIFE LINES Understanding How Domestic Abuse Affects Our Mental Well-being

It often starts quietly. A friend stops texting. A co-worker seems quieter and more withdrawn. There's less laughter and more avoidance – less eye contact, changing topics or shrinking away when certain discussions happen. On the surface, you wouldn't think too much of these subtle changes, but you may not realize that something may be very wrong behind closed doors. These changes in behaviour are little indications that can be hard to detect but should not be ignored.

For many people who experience domestic abuse, silence and retracting from situations is a means of survival. It's the quickest way for them to address the fear that they live with of not being believed, ashamed, or worried that speaking out about their circumstances will only make things worse. Domestic abuse has often and continues to be thought of as private – something that must be kept hidden within the walls of a home. But when it's treated this way, where experiences are concealed, and we shy away from having conversations that matter, we allow the harm to stay hidden.

There's a misconception that the abuse is always physical. That's not necessarily the case. It can be emotional, exploitative and based on an abuser's narcissism – like gaslighting, name-calling and put-downs. It can also be psychological – like isolating someone from social situations, friends, and the community or making them question their recollections and memories of events. It can also be financial – like controlling money and spending or preventing someone from working or studying on their own terms. All these forms of abuse are deeply affecting and leave marks, though they may not be immediately or obviously visible.

That's why conversations about domestic abuse matter. Talking openly helps others understand that they are not alone and that there is hope. With transparency, it's possible to replace shame with support. We can create a supportive environment where people feel safe to reach out and where others can extend a hand and reach in.

#### The Mental Health Impacts of Domestic Abuse

Survivors of abuse often carry invisible wounds that affect their mental health for years. These can include:

- Anxiety
- Depression
- Feelings of hopelessness
- Post-traumatic stress disorder (PTSD)
- Panic attacks
- Sleep problems
- Low self-esteem
- Low self-worth



Sometimes, survivors may also struggle with self-harm or other harmful behaviours to cope. When someone idealizes their abusive partner and feels sympathetic to them despite the harmful treatment they have endured, they can form a trauma bond without realizing it. It means that the survivor can try to "rationalize or justify their behaviour." Trauma bonds tend to form subtly, often without the abused partner even realizing it. People with a history of child abuse or who have lived in unstable family environments are vulnerable because they often have an altered perception of what a healthy relationship looks like.

Click here to read the full article by Homewood Health

We are pleased to share that the Four Seasons Lodge Long-Term Care Home will be transitioning to the updated interRAI Long-Term Care Facilities (LTCF) assessment tool - a province-wide initiative designed to enhance how resident care is assessed and planned.

This new version of the interRAI tool places a stronger focus on quality of life and person-centered care, ensuring that each resident's unique preferences, needs, and values are reflected in their care plans.

The updated assessment tool will:

- Improve how we assess resident needs and deliver care;
- Support clearer communication across care teams;
- Introduce updated questions and response options in our electronic system.

The full transition will take place in July, with training and support provided to staff throughout June to ensure a smooth rollout. We are grateful to our team for their commitment to continuous improvement and their dedication to providing high-quality, personalized care to every resident.



Cheers to good company and great conversations! Residents enjoyed cocktails and cold beverages on the patio with Ann, our Food and Nutrition Supervisor a favourite tradition that brings residents together for some fresh air, refreshing drinks, and plenty of laughs.







FOUR SEASONS LODGE NEWS

Courtyard Planting, Cubs Visit, and Bingo!



From Bingo with our wonderful Auxiliary volunteers to a special visit from the local Cubs, residents at the Lodge are staying connected, engaged, and having fun!





## **FOUR SEASONS LODGE NEWS** Long-Term Care Day and Father's Day

Happy National Long-Term Care Day!

At the Four Seasons Lodge, we were proud to join others across the country in celebrating the compassion, dedication, and heart that define long-term care on June 13. This special day is all about recognizing the incredible people – residents, team members, volunteers, and caregivers - who bring comfort, joy, and community to life in long-term care each and every day.











Residents, families, and team members came together for a sunny afternoon BBQ to honour the fathers and father figures who make our community so special. From sizzling burgers to laughter-filled conversations, it was a day full of great food and great company!



## FOUR SEASONS LODGE NEWS

Twin Day!



Seeing double...double the smiles and double the fun!

Recreation Worker, Abbie, and resident Bill were in perfect sync for Twin Day on June 25, 2025.



## RESIDENTS' COUNCIL UPDATE



At the Residents' Council meeting this month, residents Building. There was great excitement had the opportunity to review the Annual Resident Satisfaction Survey, offering valuable feedback and suggestions before it is circulated next month. We thank everyone who shared their insights to help shape Long-Term Care Home as progress continues. improvements across the home.

As part of our ongoing commitment to awareness and advocacy, the Council reviewed Rights 10 and 11 from the Residents' Bill of Rights:

- Right 10: Every Resident has the right to pursue social, cultural, religious, spiritual and other interests, to develop their potential and to be given reasonable assistance by the licensee to pursue these interested and develop their potential.
- Right 11: Every Resident has the right to live in a safe and clean environment

The Council also enjoyed reviewing photos of the new buildings currently under construction, including both the new Long-Term Care Home and the Primary Care around the possibility of touring the Primary Care Building before it officially opens, and residents are eager to learn more about staffing plans for the new

The annual review of the Home's Meal and Snack Times was completed, and the current schedule will remain the same moving forward, based on the Council's discussion and satisfaction.

Lastly, the Council reviewed the Home's Religious and Spiritual Care Policy, and began planning for the next Candle Light Service, which will be scheduled for the Fall. These services are meaningful moments for many in our community, and plans are already underway to ensure the next one is a thoughtful and comforting experience for all who wish to attend.

The Residents' Council continues to be a strong voice in our home, offering thoughtful input and helping to guide improvements in daily life.







Our residents, team, and volunteers brought the energy at Run for Home on June 28, 2025! With enthusiastic cheers, they lined the route to show their support for every runner passing by. Thank you to everyone who made this such a fun morning-we loved being part of the action!



## FOOD AND RECREATION COMMITTEE



At the June meeting of the Food and Recreation Committee, residents discussed their new summer menu, which launched on June 1 and has been a hit. One standout favourite so far has been the potato skins vegetable starters in our raised beds. The gardens are - a tasty treat that's quickly become a crowd pleaser.

We're also in the process of replacing our current silverware and are looking forward to receiving new cutlery soon, which will further enhance the dining experience for everyone.

Looking ahead to Canada Day, residents are planning a festive Poutine Bar and a delicious Canada Flag Cake for dessert - two tasty ways to celebrate the occasion together.

In June, we were thrilled to welcome volunteers from the Deep River and Area Horticultural Society, who thoughtfully donated and planted beautiful flowers and already bringing colour and joy to our outdoor spaces. Thank you to all the volunteers who made this possible!

We also had a special visit from the Cubs on June 11 for their final gathering before summer break. We look forward to welcoming them back in September.

Residents have been chatting about Twin Day, and are already brainstorming more fun theme days for July to keep the summer spirit going strong.

## FOUNDATION NEWS

#### RUN FOR HOME SUPPORT









## Thank You to Our Incredible Run for Home Sponsors!

We're sending a heartfelt thank you to the many generous local businesses and community partners who helped make our 3rd Annual *Run for Home* such a success!

THE ZINGER

## FOUNDATION NEWS

#### RUN FOR HOME SUPPORT







Stay tuned—more photos and highlights from this fantastic event are coming soon!

Special thanks to our main Run for Home sponsors, Pharmasave–Cahoon's Pharmacy and the WCCT!

From generous financial support to amazing prize donations, including camping gear, a Pit Boss BBQ, and even a GoPro, the contributions we received helped create a fun, family-friendly event for all.

Thanks to Canadian Nuclear Laboratories, this year's run was proudly cupless, with every participant receiving a reusable runner's cup. A big shout-out to BMO Commercial, whose sponsorship made our Kidz Zone a hit with the younger crowd!

We couldn't do it without you. Thank you to all our sponsors, including Century 21 – Aspire Realty Ltd, Deep River Canadian Tire, Ontario Power Generation, Deep River Home Hardware, K&T Trucking, Quadbridge, Deep River Northern Credit Union, Petawawa Toyota, Doran Sushi Buffet, Desjardins Donna Watt Insurance and Financial Services Inc., and more!

#### DRDH E-STORE





# **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



DEEP RIVER



#### LIGHTS, CAMERA, TEAMWORK-DRDH VIDEO PROJECT!

We are excited to announce the launch of an exciting new video project at Deep River and District Health - one that puts the spotlight on the incredible people who care for our community every day.

This project will celebrate the dedication, compassion, and teamwork that define DRDH. From hospital care, long-term care, primary care and beyond, we'll be sharing the stories that make our health campus such a special place to work and receive care.

Working with the talented team at Extremeline Productions, we'll be capturing moments from across our organization from day-to-day care to special celebrations and life in our amazing community. Filming begins this month and will continue through the summer and fall.

The final result will be a series of videos and vignettes that highlight the wide variety of roles within Deep River and District Health and the exceptional individuals who bring them to life. These videos will support recruitment, celebrate our workplace culture, and share the DRDH story with a broader audience.

Whether on screen or behind the scenes, this is a project for all of us. We look forward to sharing the finished stories with you in the future - and giving you a closer look at the people who make DRDH so remarkable.

If you have questions about the project, please contact Amy, our video project lead.

Pictured below are a few behind the scenes looks at the video crew in action over their first few days at DRDH capturing the moment at our hospice announcement, chatting with participants at the Run for Home, and transforming our Classroom into a pop-up studio for interviews with our team!









### CALL FOR CONTENT

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

Deep River and District Health receives funding from Ontario Health. The opinions expressed in this publication do not necessarily represent the views of Ontario Health.