



**DEEP RIVER &
DISTRICT HEALTH**

THE ZINGER

NEWSLETTER

+ TOP NEWS INSIDE

CEO's Corner	2
DRDH Welcomes New VP and CHRO	3
Long-Term Care Building Updates	4
Primary Care Building Updates	5
Monthly Education	6
Staff Happenings	7
Fire Extinguisher Training	8
Leadership Development	9
Fire Extinguisher Training	17
Social Committee News	10–11
LifeLines	22
Four Seasons Lodge News	13–16
Hospital News	17
Foundation News	18–23

JULY 2025



PRIMARY CARE BUILDING NEARING COMPLETION

Our new Primary Care Building is getting very close to opening it's doors. This building will soon become a welcoming hub for primary and preventative care, and we could not be more thrilled to see it coming to life.

See page 5 for more information.



PUPPY VISITS

Golden retriever puppies made for an unforgettable visit, spreading smiles and snuggles to residents and team members alike this month.

See page 13 for more adorable photos.

CEO'S CORNER

CONNECTING WITH OUR DRDH TEAM AND COMMUNITY



As we settle into the heart of summer, it's incredible to see how much progress has been made across our health campus and how close we are to some major milestones.

The new Primary Care Building is nearly ready to open its doors. Over the next few weeks, we will be finalizing the finishing touches and preparing to welcome patients into this beautiful, purpose-built space.

What has long been a vision is about to become reality - and that's something worth celebrating. I want to extend my deepest thanks to all the teams who have contributed to preparing this building, both inside and out. From infrastructure to IT, from planning to physical setup - your hard work and collaboration are what will make this transition seamless.

This month also brought one of our favourite summer traditions: our DRDH

Family Fun Day. It was such a joy to see residents, patients, families, and our team members come together to share in a day of community, laughter, and connection. Events like this remind us that DRDH is more than the services we deliver - it's the relationships we build and the sense of belonging we foster. A special thank you to Amber and our Social Committee, whose hard work (especially in the heat!) made this day possible. These special gatherings simply wouldn't happen without your dedication.

As we prepare to take this next step with the opening of our Primary Care Building, with work continuing on our new Long-Term Care Home, and planning to begin shortly for hospice, we are moving forward in ways that reflect our collective values and priorities of caring, excellence, and a deep commitment to building quality care close to home.

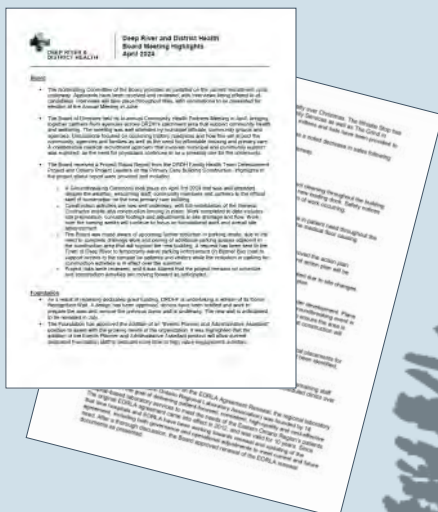
Thank you for being part of this journey - and for all the ways you continue to make DRDH such a special place to be.

Sincerely,

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

BOARD HIGHLIGHTS

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



DRDH WELCOMES VICE PRESIDENT OF PEOPLE AND CHIEF HUMAN RESOURCES OFFICER

Deep River and District Health (DRDH) is pleased to announce the appointment of Darren Deering as Vice President of People and Chief Human Resources Officer, effective July 2, 2025. Darren brings more than 25 years of experience in senior human resources leadership, organizational development, and labour relations across healthcare, post-secondary, and private sector settings.

As Vice President of People and Chief Human Resources Officer, Darren will be a vital member of DRDH's executive leadership team. In this pivotal role, he will guide workforce planning, employee engagement, and leadership development initiatives as DRDH advances through a period of significant growth and transformation across our multi-sector health campus.

With the opening of our new 96-bed Four Seasons Lodge Long-Term Care Home in 2027, and the recently announced expansion of our services to include dedicated hospice care, DRDH is entering a new chapter that requires a strong and strategic focus on people. The addition of this senior role ensures that we have the leadership capacity to support our growing team, strengthen our organizational culture, and continue to meet the evolving needs of our patients, residents, and community.

Holding a PhD in Leadership, an MBA, and a Certified Human Resources Leader (CHRL) designation, Darren is known for his consultative, people-first leadership style. He brings a strong commitment to creating inclusive, values-driven workplaces where employees feel supported and empowered to thrive. At DRDH, he will provide strategic direction to our human resources team, helping to retain, attract, and develop exceptional talent while strengthening a culture grounded in compassion, innovation, and excellence.

"We are thrilled to welcome Darren to our leadership team," said Janna Hotson, President and CEO of DRDH. "Darren's proven ability to build strong teams, lead meaningful organizational change, and foster a supportive workplace culture will be essential as our organization continues to evolve and grow. As we expand our services and workforce, his leadership will help ensure DRDH remains a great place to work and deliver excellent, compassionate care."

Darren's career has spanned leadership roles at McMaster University, the University of Toronto, and Activation Laboratories, where he most recently served as the Human Resources and Organizational Development Lead, supporting over 700 employees across multiple sites and countries, driving major human resources initiatives.

"I am honoured to join Deep River and District Health at such an exciting and transformational time," said Darren. "I look forward to working with the team to further a culture of excellence, compassion, and innovation - one where every team member can do their best work in service to our patients, residents, and community."

The addition of Darren Deering to DRDH's leadership team marks a significant step forward as we shape the future of health care for our community. Please join us in welcoming Darren as he assumes the role of Vice President of People and Chief Human Resources Officer.

Darren is pictured here jumping into his new role with the support of HR teammates Mary and Rebekah by his side!



LONG-TERM CARE BUILDING PROGRESS

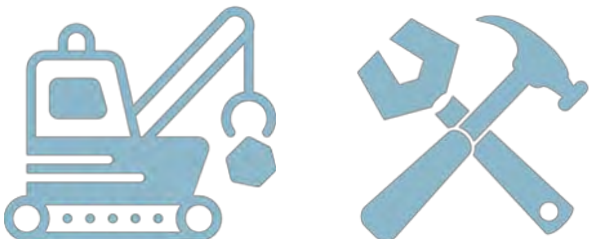


This month, the structure of our new Four Seasons Lodge Long-Term Care Home continued to rise!

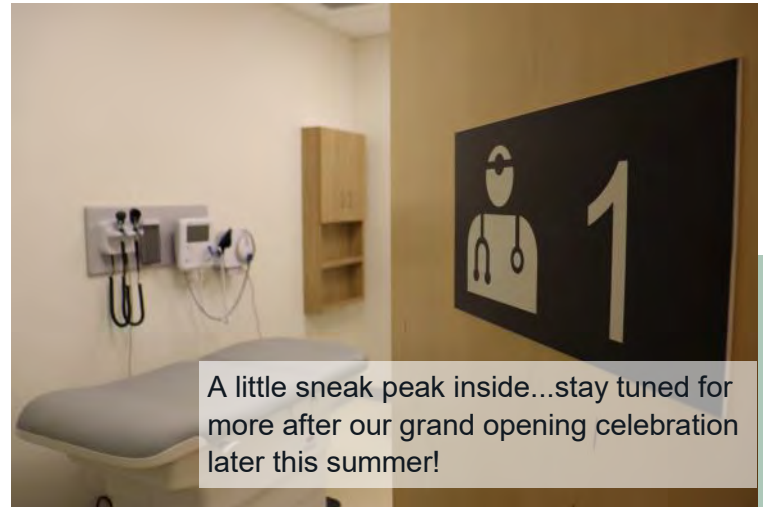
Work on the structural steel of the building is underway, along with concrete work. We are so excited to continue watching construction progress as we plan to welcome 96 residents to this future home in 2027.

Stay tuned for more updates as construction progresses!

Thanks to friend of DRDH, Bill Simmons, for the look at the construction site from above!



PRIMARY CARE BUILDING PROGRESS

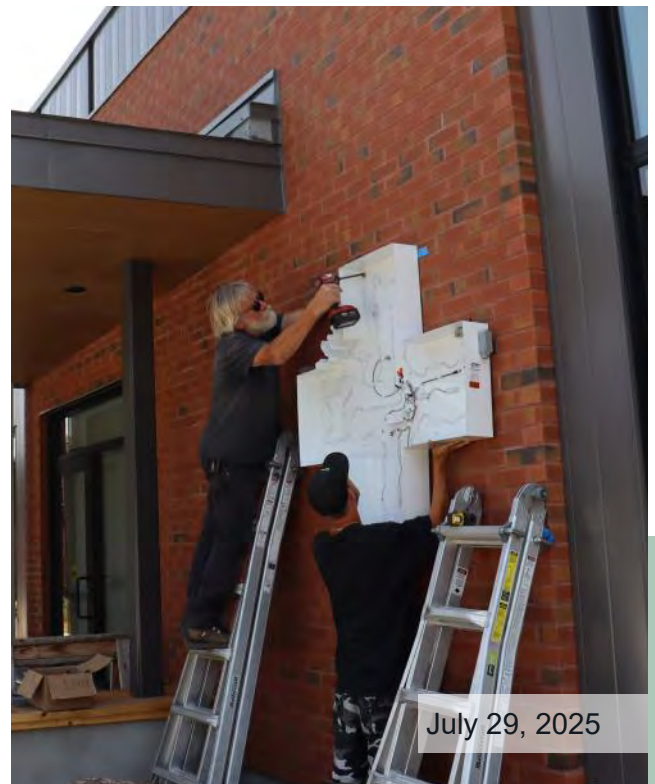


Our new Primary Care Building is almost ready - signage is going up, equipment is being set up, furniture is being unpacked, and the final touches are underway.

The completion of this project is such a proud and exciting milestone for our team and our community. This building will soon become a welcoming hub for primary and preventative care, and we could not be more thrilled to see it coming to life.

A huge thank you to our incredible team whose hard work and dedication have brought this vision to reality. We can't wait to welcome our first patient soon!

The official grand opening celebration will take place next month—stay tuned for the big reveal of the finished interior!



MANDATORY EDUCATION

AUGUST 2025

Please see the assigned education for the month of August on Surge Learning. This is due to be completed by **Wednesday, August 27, 2025**. Please contact Rebekah if you are having any issues accessing the education.

Topic	Target Staff
Ethics in Healthcare – Module 2	All
Organizational Risk Management - Operators & HC Providers	All
Inclusive Health Principles and Strategies: Communication	All
Back Care and General Lifting-Safety Talk	IT & Maintenance
HEADS-ED (Six and Older)	RN
High Alert Medication	RN, RPN
BSO - DOS Instructional Video	RN, RPN, PSW
3M™ Coban™ 2 Layer Compression Therapy: Basic Application	RPN
DRDH Palliative Care Program Policy and Appendices	RPN, PSW, Rec, Dietitian, PT, PTA
Electrical Appliances and Devices – Personal policy	Maintenance
Decision Algorithm For Acute Stroke Deep River - Inpatient	RN, RPN



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

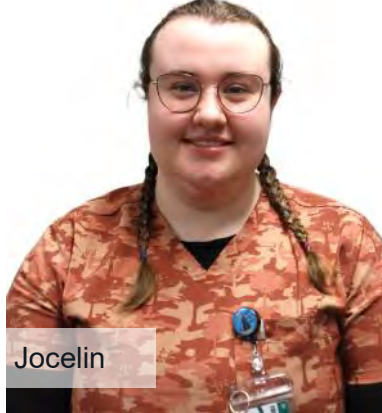


STAFF HAPPENINGS

NEW HIRES



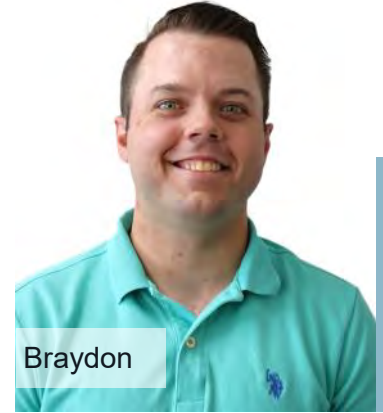
Karina



Jocelin



Heather



Braydon



Jasmine



Lea

We are pleased to welcome 4 new members to our team this month! Karina and Jocelin are both Registered Nurses, Heather has joined us as a Ward Clerk, and Braydon has joined us as part of our Housekeeping team.



DRDH is also pleased to be hosting Jasmine and Lea, medical students from Queen's University, as they complete rural rotations alongside our local physicians this summer. Jasmine previously participated in "Community Week" here at DRDH back in 2023, so welcome back!



HOSPITAL NEWS

Team Shoutout: Diagnostic Imaging!

Our Diagnostic Imaging (DI) team continues to shine bright! Throughout the month of June this year, patient satisfaction rates for the department were nothing less than phenomenal:

96%

from Emergency Department patients

100%

from Medical Inpatients



These outstanding scores reflect the excellent, compassionate care our DI team provides every single day. From the first friendly greeting to the expert care delivered, patients feel the difference our team makes.

Kudos to every member of the Diagnostic Imaging team for going above and beyond to ensure a positive experience for our patients - you truly embody our commitment to caring for every person like a loved one!



FIRE EXTINGUISHER TRAINING



This month, DRDH was pleased to host four Fire Extinguisher Training sessions with our partners from the Town of Deep River Fire Department.

54 of our team and community members had the chance to learn and practice how to safely respond in the event of a fire with some hands-on training!



LEADERSHIP DEVELOPMENT INSTITUTE

On July 16, 2025 our formal and informal leaders came together at the Chalk River Lion's Hall for DRDH's Leadership Development Institute. This time, the session was dedicated to "Resilient Leadership, Resilient Teams." Through hands-on activities, collaborative breakout sessions, and inspiring guest speakers, our team explored how recognition, empathy, and celebrating successes can strengthen team resilience and well-being. From a competitive rock-paper-scissors tournament to creative pitches on team recognition ideas, the day was packed with insight, fun, and fantastic ideas!

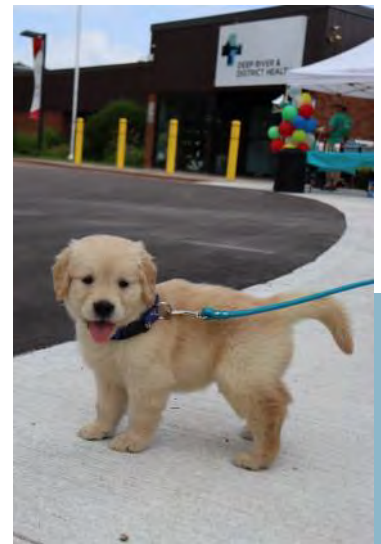
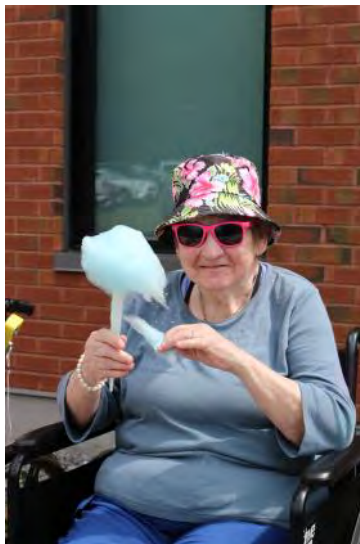


SOCIAL COMMITTEE NEWS

Sunny skies, cool treats, and big smiles all around! Our DRDH Summer Family Fun Day on July 27, 2025 brought together our team members and their families, along with residents, patients, and volunteers for a day of fun in the sun, connection, and community.

Huge thanks to our incredible Social Committee for organizing a day to remember – complete with live music by our own in-house talent (and his dad!), a BBQ, bouncy castles, snow cones, cotton candy, a scavenger hunt, and much more!

See page 14 for even more photos of our residents enjoying the day!



SOCIAL COMMITTEE NEWS





LIFE LINES

Managing and Understanding Chronic Pain

Pain is a complex experience that serves as the body's alarm system, alerting us to potential harm and guiding protective behaviours. Chronic pain affects millions of people globally, going beyond a simple ache. It's a complex condition where our body's warning system stays switched on, even after injuries have healed. Certain groups are more likely to experience pain, including those facing poverty, mental health conditions, individuals with disabilities, trade workers, Indigenous peoples, racialized communities, 2SLGBTQ+ people, people who experience trauma, veterans, public safety personnel, and women.



What is Pain?

When you stub your toe, bang your elbow, break a bone, or touch a hot stove, you know you've hurt yourself—most of the time. These examples of injury typically result in acute pain, which can range in intensity from annoying to debilitating. Acute pain usually lasts less than three months and is your body's normal response to tissue damage. There are times however, when a genuine injury sustained during a high-adrenaline situation may not result in any experience of pain.

Conversely, individuals can experience intense pain when they think they've injured themselves, only to discover that there is no actual tissue damage. Pain, in part, is your body's built-in alarm system. Specialized "pain sensors" called nociceptors can be found through your body in your skin, muscles, bones, joints, and other tissues. They respond to everything from temperature changes (like a burn) or a pinch to chemical signals released when tissues are injured. When nociceptors are activated, they send messages along nerves to the spinal cord and into the brain. Once the danger signals reach the brain, many different areas of the brain are activated and involved in processing the messages. Some brain chemicals amplify the message, while others inhibit it. If there aren't enough messages, the danger signals don't even make it to the brain. Usually, the system is balanced and if the brain decides a warning is needed, then pain is experienced and the individual will respond to protect itself. But as we learned above, danger signals from injury can be muddled by the brain depending on the situation, memories, and fear—danger signals from an injury are only one part of how the brain decides if pain is experienced. The experience of pain is created by the brain: it does not exist until your brain decides it does.

What is Chronic Pain?

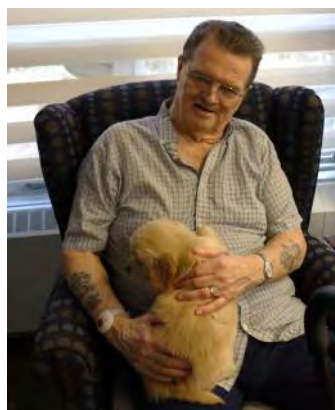
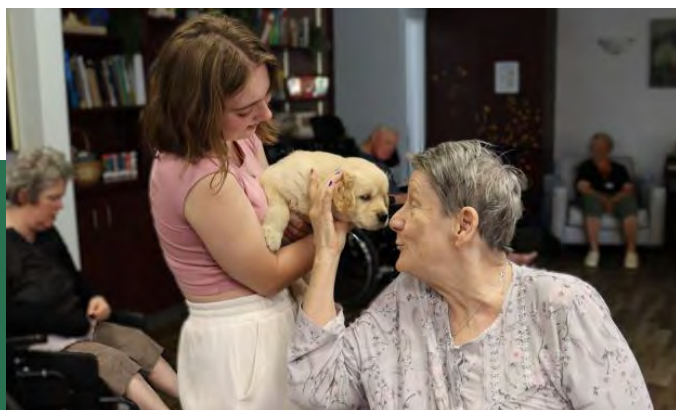
While acute pain from an injury has a clear protective function, chronic pain does not. Chronic pain affects roughly 20% of adults in the U.S. and Canada. It persists beyond normal healing times—often for years—and is driven by changes in the nervous system rather than ongoing tissue damage. Unlike acute pain that results from a broken bone, a burned finger, or a torn ligament, chronic pain often lacks a single, identifiable cause. Chronic pain persists by complex interactions of biology and our thoughts, feelings, daily activities, and social factors. As the understanding of pain has advanced, the International Association for the Study of Pain (IASP) has defined it as: *"An unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage."* The phrase "resembling that associated with..." is important in considering chronic pain, as it acknowledges that pain can persist even without ongoing tissue damage.

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



FOUR SEASONS LODGE NEWS

Puppy Visit!



Puppy love was in the air at the Lodge on July 24! Four golden retriever puppies, kindly brought in by team member Patti, made for an unforgettable visit, spreading smiles and snuggles to residents and team members alike. From the joyful cuddles to the happy tail wags - the photos say it all! Thank you, Patti, for sharing these furry bundles of joy with us!



FOUR SEASONS LODGE NEWS

Enhanced Resident Assessment Tool & Family Fun Day!

We're proud to share that as of July 1, the team at the Four Seasons Lodge successfully completed the transition to an updated resident assessment tool known as the interRAI Long-Term Care Facilities assessment tool. This important milestone helps us better understand each resident's unique needs, support person-centered

care planning, and continue delivering high-quality, compassionate care. The new tool enhances how we assess residents and will directly support our care teams in creating clear, individualized care plans that reflect each resident's preferences, goals, and overall well-being. A new streamlined care plan format and resource library are also being introduced to further improve care delivery.

A sincere thank you to all our Lodge team members for your dedication, collaboration, and commitment throughout this transition. Your teamwork and support of one another have been a true reflection of the caring culture that defines DRDH.



Residents had a blast at DRDH's Summer Family Fun Day on July 27 - soaking up the sunshine, enjoying snow cones and cotton candy, and tapping their toes to some awesome live music!

It was a beautiful day to be outside with lots of big smiles, warm hearts, and wonderful memories.





FOUR SEASONS LODGE NEWS

Updates from Life at the Lodge



RESIDENTS' COUNCIL UPDATE



The Residents' Council continues to play an important role in shaping life at the Lodge, offering thoughtful ideas and feedback to enhance our home.

Planning is already underway for the second annual Candlelight Memorial Service, which will take place in Fall 2025. This meaningful gathering offers residents, families, and team members a special opportunity to reflect and remember together.

Council members also discussed the idea of hosting an Open House at the Lodge to welcome community members in, showcase our home, and explore opportunities for volunteer involvement. This suggestion will be considered further at upcoming meetings.

Excitement is also building around the new Primary Care Building, with the Council requesting a tour once it is safe to do so. Everyone is looking forward to seeing the space in person and learning more about the new addition to our campus.

This month, the Council reviewed Residents' Rights #12 and #13. Right #12 ensures every resident has access to protected outdoor areas to enjoy fresh air and outdoor activities, while Right #13 supports each resident's ability to keep and display personal possessions, including pictures and furnishings, in their room, as long as safety and the comfort of other residents are respected.

As part of the annual review process, the Pet Program and Accommodations and Services were also discussed. Our much-loved house cat, Cesar, has received his annual veterinary check-up and is healthy, up-to-date on vaccinations, and even a little trimmer!

Through their ongoing conversations and thoughtful suggestions, the Residents' Council continues to ensure that the Lodge remains a safe, welcoming, and engaging home for everyone.



FOOD AND RECREATION COMMITTEE



The Food and Recreation Committee has been busy making life at the Lodge both fun and flavourful. Residents were excited to try our new cutlery, which earned rave reviews for its sturdier handles and better quality, and it is now in full use.

The summer menu continues to be a hit, with favourites like corn on the cob and BBQ days, and July was full of treats including a Canada Day Poutine Bar, homemade bread, nacho dip, and s'mores by the campfire. The Committee also prepared for a special wedding anniversary dinner this month for two of our residents featuring steak, sponge cake, and fresh strawberries.

Looking ahead, August will feature a vodka & orange signature drink, Taste of Home favourites like peach cobbler and BBQ burgers, and a Bacon Lovers Day celebration on August 19. Future plans include a possible Rib Fest or Soup/Chili Cook-Off!

On the recreation side, weekends will become more relaxed and resident-led, with favourites like bean bag toss, corn hole, bowling, and drumming for exercise continuing. We're also excited for the return of Monday Niters live music, Friday Pet Therapy with Moose, and Family Fun Day on July 27 with BBQ, cotton candy, snow cones, and entertainment.





FOUR SEASONS LODGE NEWS

Happy Anniversary & Summer Memories!



Residents Louise and Bill celebrated a very special wedding anniversary this month. What a beautiful milestone - and a joy to witness!

Congratulations and Happy Anniversary you two!



From gooey s'mores and birthday cheers to drumming along with the Monday Niters, our residents have been making sweet memories together this summer!





HOSPITAL NEWS

Clinical Education



On July 17, 2025, our clinical teams received a valuable refresher from an educator and Respiratory Therapist from the Pembroke Regional Hospital (PRH) on ventilator use and best practices for stabilizing patients who require respiratory support.

This hands-on education strengthens our team's confidence and skills, ensuring safe and effective care for patients in critical moments. Thank you to everyone who participated and to our PRH colleagues for sharing their knowledge!



On July 28, our Registered Nursing team members participated in a hands-on Clinical Scholar Education Day, gaining valuable skills and confidence under the guidance of our knowledgeable clinical scholars.

Pictured here, Clinical Scholar Sasha demonstrates the safe use of restraints with new hires Joceline and Karina - special thanks to Tara for volunteering to be restrained for the benefit of their learning!

Thank you to our clinical scholars for sharing your expertise and helping our newest team members provide safe, high-quality care.



2025 RUN FOR HOME

RUN FOR HOME A RESOUNDING SUCCESS

Despite a gloomy forecast, the skies cleared just in time for the Deep River & District Health Foundation's 3rd Annual Run For Home on Saturday, June 28th. With ideal conditions and almost 350 enthusiastic participants, the event exceeded expectations, raising over **\$52,000** for the Closer To Home campaign at Deep River & District Health.

"Run For Home is more than just a fundraiser, it's a celebration of our community's commitment to supporting local healthcare," said Janna Hoston, President and CEO of DRDH. "We're incredibly grateful for the energy, generosity, and support that everyone brought to this year's event."

Participants of all ages braved the mosquitos and took part in the 2km, 5km, 10km, or half marathon distances. This year's event was proudly cup-less, with each runner receiving a reusable water cup courtesy of Canadian Nuclear Laboratories. Participants also took home a custom Run For Home t-shirt and were awarded a commemorative medal at the finish line, generously provided by Ontario Power Generator.

For our youngest supporters, the BMO-sponsored Kidz Zone was a major hit, offering a retro carnival atmosphere complete with games, prizes, and candy. Special thanks to Happy Valley Face Painting and Mr. Chris and Friends for adding to the festive atmosphere.

This year's exciting prize lineup helped drive a notable increase in participant fundraising efforts. A 10-foot patio umbrella, generously donated by Home Hardware, was among the top prizes awarded. One family raised more than \$2,000 in pledges, earning entries that led to two major wins - a Pit Boss pellet BBQ donated by Home Hardware and camping gear courtesy of Canadian Tire Deep River. Another participant took home a GoPro Hero 11 and accessories, thanks to the support of K&T Trucking. Additional door prizes were provided by several generous local businesses, including Deep River Specialty Candy and Café, Santa Fe, and the Deep River Bowling Alley.

A heartfelt thank you goes to event sponsor, Cahoon's Pharmasave, for their continued generosity and support. Not only did Philip Cahoon sponsor the event, he also ran the 10k and raised almost \$1,000 in pledges. We also extend our deepest gratitude to the WCCT who matched total donations up to \$5,000.



Continued on next page...

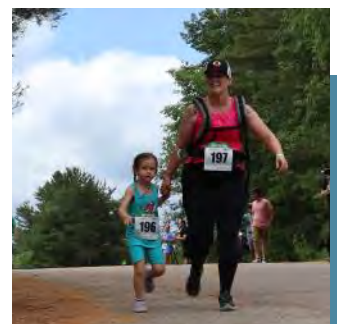
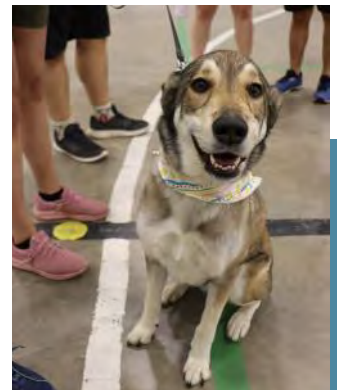
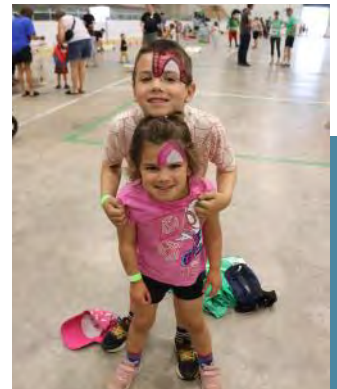
2025 RUN FOR HOME

Participants and volunteers were well taken care of thanks to the generous support of local businesses. Maven Catering and Sweetened by Shelly kept runners fuelled and refreshed, while Giant Tiger and Valu-mart contributed to the success of the Runner's Zone with their valuable support. Deep River Tim Hortons also generously provided coffee and donuts to keep our dedicated volunteers energized throughout the day.

The Foundation also gratefully acknowledges the support of event sponsors Century 21 Aspire Realty Ltd., Northern Credit Union, Petawawa Toyota, Donna Watt Insurance and Financial Services, Doran Sushi, Miller Thomson LLP, and Quadbridge. Their contributions played an important role in the success of this year's event.

A special thank you goes to volunteers Colette Giroux and Amanda Haughton for their exceptional dedication. From planning and route marking to on-the-ground support during the event, their time and effort were instrumental in bringing everything together.

Run For Home continues to grow each year, thanks to the incredible support of participants, sponsors, volunteers, and the wider community. Together, we're making meaningful strides in supporting local healthcare - and we can't wait to see what next year's event brings.



2025 RUN FOR HOME



OVER
\$52,000
RAISED!



Thanks to all 350+ participants and supporters!

GLASS ARTISTS HELP CLOSER TO HOME CAMPAIGN



Gifted glass artists Mary Lynn Benz, Ligita Gulens, and Carole Pinard have shared a long friendship, bonding over their passion for glass art and their distinct creative approaches. Now, this talented trio of ladies has come together to create a special collaborative piece titled Garden of Reflections, with proceeds from its sale going to the Closer To Home campaign at Deep River & District Health.

Each of these remarkable women brings a unique approach to working with glass as a medium.

Mary Lynn specializes in fused glass, a technique that involves layering multiple pieces of glass and heating them in a kiln until they melt and fuse together, forming a single, cohesive piece from many smaller elements.

Ligita Gulens creates copper foiled stained glass, in which individual glass pieces are edged with thin copper foil and then soldered together creating a larger work.

Carole Pinard specializes in lead came stained glass. In this technique, individual pieces of glass are bonded together using strips of lead called comes, much like the stained glass windows we see in churches.

At one point or another, all three women have been members of the Valley Artisan Co-op. Carole also serves as the treasurer of the Library Arts Council keeping her connected to the vibrant artistic community here in Deep River and surrounding areas.

Garden of Reflections is described as “an original fused mosaic glass creation for outdoor or indoor” display. The meticulously crafted glass pieces sit atop a mirror, giving the work an illusion of infinite light. Set within a reclaimed, three-paneled window frame, it carries a rustic, cottage-like charm. But this piece is so much more.

This collaborative work speaks of spring and the hope that comes with it, shining light into the darkness after a long winter. It invites the viewer to pause and reflect on what brings them joy. Most importantly, it symbolizes the meaningful connections we form throughout our lives – especially the ones that endure.

Garden of Reflections is on display at the Deep River Town Hall and sells for \$500. Proceeds from this sale will go to the Closer To Home campaign to furnish and equip the new 96-bed Long-Term Care home currently under construction at Deep River & District Health.

For more information or to purchase this work of art, please contact Carole Pinard at 613-584-1758.

*Thank
you!*

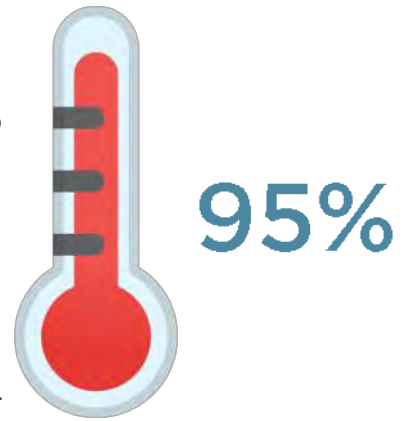
CLOSER TO HOME CAMPAIGN REACHES 95% COMPLETION



The Closer To Home campaign is officially 95% of the way there, with only \$120K left to raise.

Soon we will have the required \$2.5M to furnish and equip our new 96-bed Long-Term Care home currently under construction here at Deep River & District Health.

You have all worked so hard at making this happen - whether through personal donations, attending events, or volunteering time - every little bit makes all the difference.



23RD ANNUAL GOLF TOURNAMENT

Registration is **NOW OPEN** for the 23rd Annual Deep River & District Health Foundation Golf Tournament presented by Christopher Carroll CPA, CA.

Grab your clubs and join us for a day of fun, friendly competition, and giving back!

Date: Thursday, August 28th, 2025

Time: 11:30AM

Location: Deep River Golf Club

Highlights of the day include:

-  Hole-in-One Prize sponsored by Century 21 - Aspire Realty Ltd
-  Putting Competition - Show off your short game!
-  Dinner at The Turn - Delicious meal to celebrate the day
-  Silent Auction

Proceeds will support the Closer To Home campaign at Deep River and District Health

Spaces fill up fast, so grab a foursome and [register by clicking here](https://www.drdh.org/events).

Have something you'd like to donate to the silent auction? Email us at foundation@drdh.org



**23RD ANNUAL
DEEP RIVER & DISTRICT HEALTH
FOUNDATION**

GOLF TOURNAMENT

Deep River Golf Club

**THURSDAY
28TH AUGUST, 2025
11:30AM**

Presented by
CARROLL
Chartered Professional Accountant

- HOLE IN ONE PRIZE
- PUTTING CONTEST
- DINNER @ THE TURN

**REGISTER @
DRDHFUNDATION.COM/EVENTS**

 **DEEP RIVER & DISTRICT HEALTH**
Foundation

**IN SUPPORT OF
CLOSER TO HOME**

DONOR SPOTLIGHT:

Kailynne Clemens-LeBel—A Young Fundraising Champion with a Big Heart

Kailynne Clemens-LeBel discovered her passion for running at just five years old, when she began joining her father on local runs. One of her earliest events was the Army Virtual 5K. As the COVID-19 pandemic limited public gatherings, virtual runs gained popularity—and Kailynne embraced them fully. Her parents encouraged her love for the sport by signing her up for numerous races, and with each finish line came a medal that fueled her motivation. After all, what child doesn't love a shiny medal?

In 2023, at the age of eight, Kailynne took her love of running a step further. When her father came across the Run for Home, the family immediately connected with the cause. Having visited the Deep River and District Hospital many times, the family understood its importance to the community. Kailynne decided not only to run—but to fundraise, with a goal of raising \$500 to support the construction of a new 96-bed long-term care home.

What followed was remarkable. With her infectious enthusiasm, kindness, and charm, Kailynne inspired family, friends, and neighbors. She didn't just meet her goal—she more than doubled it, raising \$1,200. In recognition of her achievement, the Deep River & District Health Foundation honored her with a place on the Tree of Caring, making her the youngest individual to receive this distinction.

Her efforts didn't stop there. In 2024, she returned to the event with a \$1,000 goal—and again surpassed it by raising \$1,565. In 2025, with her fundraising spirit still going strong, Kailynne quickly encouraged her father to sign up once more. This time, she raised \$1,150, again exceeding her \$1,000 goal. To date, Kailynne has raised an incredible **\$3,915** in support of the Foundation.

Her fundraising success has been powered by creativity and hard work. From selling vegetable plants she grew with her mother, to 50/50 draws, lemonade stands, vegetable stands, bottle drives, and the irresistible appeal of her genuine kindness, Kailynne has shown that age is no barrier to making a real difference.



Looking ahead to 2026, Kailynne has set her sights on surpassing the \$5,000 milestone and earning a place on the Wall of Donors. Given her track record, dedication, and big heart, there's little doubt she will make it.

Kailynne is not only a dedicated runner and fundraiser—she's an inspiring example of the power of compassion, community, and perseverance.

**WAY TO GO
KAILYNNE!**

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.