



DEEP RIVER &
DISTRICT HEALTH

THE ZINGER

NEWSLETTER

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AUGUST 2025



DRDH CELEBRATES GRAND OPENING OF NEW PRIMARY CARE BUILDING

DRDH was proud to announce the official grand opening of our new Primary Care Building on August 28, 2025—a major milestone in expanding our health campus and transforming the delivery of primary care in our region.

See pages 4–7 for more information.



AUXILIARY 50TH ANNIVERSARY HIGH TEA

On August 25, 2025 we had the pleasure of hosting a High Tea celebration in honour of 50 years of dedicated volunteer service by our amazing Auxiliary. *See pages 10–11 for more information.*

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



As we wrap up an extraordinary summer at Deep River and District Health, August has been a month of both celebration and historic achievement for our health campus and community.

Earlier this month, I was proud to represent DRDH alongside many of our amazing team members at the local Pride event hosted by the Deep River Queer Connection. It was inspiring to see so DRDH staff and supporters come together to celebrate inclusion and belonging in our community. Thank you to everyone who joined us or supported this important event in any way - your presence and commitment show how deeply our DRDH team values creating a welcoming space for every person who comes through our doors.

The highlight of August was without question the Grand Opening of our new Primary Care Building. On August 28, we were joined by patients, physicians,

team members, and community partners to officially open this beautiful, purpose-built facility. This project represents years of vision, planning, and collaboration, and it is the largest expansion of our campus since our hospital first opened its doors 50 years ago.

Preparing for this day was no small task, and I want to express my deepest thanks to every single team member who contributed to getting this building ready to open on time. From construction oversight and IT setup to scheduling, communications, cleaning, and physical move-in - it truly took our entire organization pulling together to make this possible. I could not be prouder of how our team rose to the occasion.

This building is so much more than bricks and mortar. It is a modern, welcoming, 11,000-square-foot space designed to bring together the North Renfrew Family Health Team, outpatient services, and local family medicine practices under one roof. It is a place that will improve collaboration, reduce barriers for patients, and allow us to continue innovating how we deliver care. This new facility is a gift to our community and to our teams – one that will support health and wellness for decades to come.

As we head into September, let's take a moment to pause and reflect on this historic occasion. The opening of this new building is not only a milestone for DRDH, but also a symbol of what we can achieve when we work together with purpose, determination, and heart.

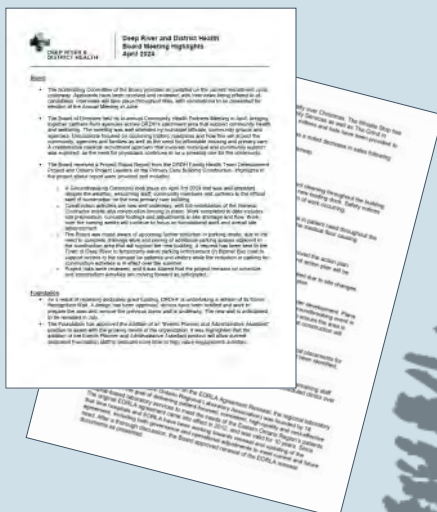
Thank you for being part of this journey and for all the ways you continue to make DRDH such a special place to live, work, and receive care.

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.



LOCAL PHYSICIANS JOINING DEEP RIVER & DISTRICT HEALTH CAMPUS

Dr. McVey and Dr. Ceponis are pictured here in front of DRDH's new Primary Care Building, which will be opening this summer.



Deep River and District Health (DRDH) is pleased to announce that two local family physicians - Dr. Ceponis and Dr. McVey - will be moving their family medicine practices into our brand new Primary Care Building when it officially opens later this summer.

This exciting move supports DRDH's commitment to improving access and coordination of care by bringing more health services together in one convenient location. Co-locating multiple primary care providers on one campus allows for a more seamless care experience, improved collaboration between providers, and easier access to the services patients rely on most.

"Welcoming the practices of these two dedicated local physicians to our health campus is a meaningful step in improving access to care for patients in our region," said Janna Hotson, President and CEO of DRDH. "Patients will benefit from less travel between services, closer collaboration between healthcare providers, and care delivered in a welcoming, purpose-built space designed to support their health and well-being."

In addition to the incoming family medicine practices, the new Primary Care Building will be home to the North Renfrew Family Health Team and DRDH's outpatient and ambulatory programs, including telemedicine, speech therapy, diabetes education, and more. Together, these services will form a central hub for primary and preventive care.

Recognizing the opportunity to enhance care integration, DRDH made the strategic decision to expand the original building design to accommodate more family physicians and health services under one roof. This investment reflects our commitment to creating a stronger, more connected health campus for our community.

The independent practices of Dr. Ceponis and Dr. McVey are expected to transition to the new building in September. DRDH looks forward to officially welcoming them to our growing health campus and to a future of more collaborative, patient-centered primary care.

DEEP RIVER & DISTRICT HEALTH CELEBRATES GRAND OPENING OF NEW PRIMARY CARE BUILDING



Pictured here on August 28, 2025 officially cutting the ribbon to open the new Primary Care Building at Deep River and District Health (DRDH) are Sarah-Lynn Parker – DRDH Manager of Clinical Services for Primary and Ambulatory Care, Dr. Armer – North Renfrew Family Health Team (FHT) Lead Physician, Catherine Filipe – FHT Nurse Practitioner, Lauren Haggerty – FHT Nurse Practitioner, Dr. Quenneville – FHT Family Physician, Janna Hotson – DRDH President and CEO, Dan Ross – Knowledge Keeper, Billy Denault – MPP for Renfrew-Nipissing-Pembroke, William Willard – DRDH Executive Vice President and CFO, David Cox – DRDH Board Chair, Dr. Ceponis – Family Physician, Dr. McVey – Family Physician, and Meagen Boisvenue – DRDH Vice President of Clinical Services and CNE.

Deep River and District Health (DRDH) is proud to announce the official grand opening of our new Primary Care Building – a major milestone in expanding our health campus and transforming the delivery of primary care in our region.

The celebration took place on August 28, 2025, at the newly completed facility, with patients, physicians, team members, and community partners in attendance. The event provided an opportunity to reflect on the collaborative efforts that brought this project to life and to recognize the positive, long-term impact this new building will have on local health care delivery.

“This new building represents the culmination of years of collaboration between health system partners, local family physicians, and our community,” said Janna Hotson, President and CEO of DRDH. “Our organization now has a modern, purpose-built space dedicated to delivering comprehensive, team-based primary and preventative care all under one roof.”

Continued on next page...

DEEP RIVER & DISTRICT HEALTH CELEBRATES GRAND OPENING OF NEW PRIMARY CARE BUILDING

Located on the DRDH campus, the one-story, 11,000-square-foot facility is now home to the North Renfrew Family Health Team, a range of DRDH's outpatient and ambulatory services, and the family medicine practices of Dr. Ceponis and Dr. McVey. Together, these services form a central hub for primary and preventative care.

With the opening of this new building, patients will benefit from improved collaboration among healthcare providers, reduced travel between services, and care delivered in a welcoming, accessible environment designed to support their health and well-being. The space will also enhance the experience for health care teams, enabling continued growth and innovation in service delivery to meet evolving community needs.

The project was made possible in part through funding from the Government of Ontario. "We are deeply grateful for the province's investment in this project," said David Cox, Chair of the DRDH Board of Directors. "This new facility not only strengthens our ability to care for patients today but also supports the long-term sustainability of health care in our region."

MPP Billy Denault (Renfrew–Nipissing–Pembroke) also praised the project, stating, "This new Primary Care Building represents a meaningful investment in the health and wellness of the people of Deep River and surrounding communities. I commend DRDH for their vision and leadership in bringing this important development to life."

The new Primary Care Building will begin welcoming its first patients this week, marking the beginning of a new chapter in person-centered, team-based care for our community.



DEEP RIVER & DISTRICT HEALTH CELEBRATES GRAND OPENING OF NEW PRIMARY CARE BUILDING



OUR NEW PRIMARY CARE BUILDING IS OFFICIALLY OPEN!

DEEP RIVER & DISTRICT HEALTH CELEBRATES GRAND OPENING OF NEW PRIMARY CARE BUILDING



TIME CAPSULE



As part of our 50th anniversary celebrations this year, we are creating a time capsule to be opened in 2075, marking 100 years of care at Deep River and District Health.

At the Grand Opening of our new Primary Care Building, many guests shared notes for the capsule - but if you didn't get a chance, **there's still time!** We are still accepting submissions to be included.

LEAVE YOUR MESSAGE FOR THE FUTURE

Help capture who we are today, as we open this new building, and look ahead to the care and community of tomorrow. You might share:

- Your hopes for the future of health care
- Advice or reflections
- A favourite memory of working at DRDH
- A prediction for what life may look like in 2075

Simply write your message, seal it in an envelope, and drop it in the wooden box in the reception area of our new Primary Care Building. We'll add it to the capsule to be opened on our 100th anniversary.

Let's make sure the team of 2075 knows who we were in 2025 - and how proud we were to be part of DRDH's story.



LONG-TERM CARE BUILDING PROGRESS



Work continues to move forward at the site of our new Four Seasons Lodge Long-Term Care Home! Over the coming days, rock-breaking activities are expected to take place in preparation for hydro service to the home.

At the same time, exciting progress is happening across the site. Framing of the new home continues to rise, and the roadway that will connect to the new home at the back of the property has been paved this month.

Stay tuned for more updates as construction progresses!



DRDH AUXILIARY 50TH ANNIVERSARY HIGH TEA

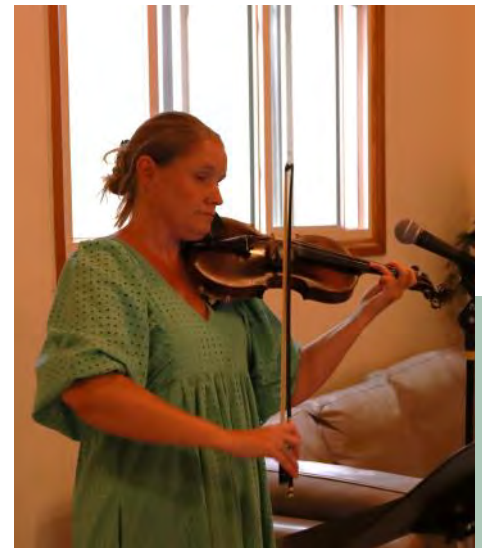
Cheers to 50 incredible years of service!

On August 25, 2025 we had the absolute pleasure of hosting a High Tea celebration at the Curling Club in honour of our amazing Auxiliary volunteers. These dedicated individuals have given so much of their time, energy, and heart to DRDH over the past five decades - and we couldn't be more grateful.

Guests sipped tea, enjoyed delicious treats by our Dietary Team, and delighted in live violin music by the talented Megan Jones - making the afternoon extra special.

Many embraced the High Tea spirit by dressing up in fabulous fascinators, adding even more charm to this milestone celebration!

Thank you to our Auxiliary for being an integral part of our story for 50 years. Here's to the past, present, and future of volunteering at DRDH!



DRDH AUXILIARY 50TH ANNIVERSARY HIGH TEA



At the High Tea, we proudly displayed photos and newspaper clippings highlighting just some of the remarkable support provided by the DRDH Auxiliary over the last 50 years. We look forward to sharing even more at our 50th Anniversary Historical Display this fall—stay tuned!

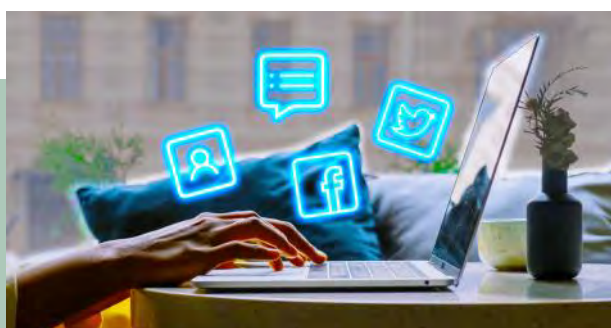


MANDATORY EDUCATION

SEPTEMBER 2025

Please see the assigned education for the month of September on Surge Learning. This is due to be completed by **September 24, 2025**. Please contact Rebekah if you are having any issues accessing the education.

Topic	Target Staff
Raising Awareness of Invisible Disabilities	All
Media Relations	All
Social Media – Corporate Use	All
Social Media – Personal Use	All
Scent-Free Policy	All
Best Practices for Environmental Cleaning	Housekeeping
Urinalysis POCT Policy	RN
VTE Prophylaxis	RN, RPN
Skin and Wound Care – 7 Steps, and Pressure Injury Staging	RN, RPN, PSW, Dietitian,
Skin and Wound Care Program	RN, RPN, PSW, Dietitian,
Minimization of Restraints and PASD (PASD)	RN, RPN, PSW, Physiothera-
Palliative Care and End of Life - Part 2	RN, RPN, PSW, Rec
Guide to Dysphagia 3D animation of swallowing	Dietary
RESOURCE THICKENUP Clear Thickening Demonstration	Dietary
IDDSI Flow Test Instructions	Dietary
IDDSI Food Level Testing (Level 4 Pureed)	Dietary
IDDSI - Minced and Moist Sandwich (Level 5)	Dietary
IDDSI Food Level Testing (Level 6 Soft and Bite-sized)	Dietary
IDDSI Food Level Testing (Level 7 Easy to Chew)	Dietary
Dysphagia - pleasing presentation for Dysphagia diet	Dietary
ConnectingOntario (only for 2025)	DI



Raising Awareness of Invisible Disabilities



Scent Free ZONE



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



STAFF HAPPENINGS

NEW HIRES



Robin



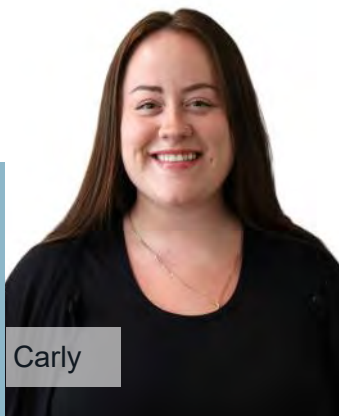
Todd



Kerri



Manik



Carly



Victoria

We are pleased to welcome 6 new members to our team this month! **Robin** and **Todd** have joined us as Environmental Services Workers, **Kerri** as a Food Service Worker, **Manik** as a Clinical Informatics Analyst, and **Carly** and **Victoria** are both Registered Practical Nurses. Victoria was previously a Personal Support Worker with DRDH who has now grown in her career to become a Registered Practical Nurse—congratulations Victoria!

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



FAREWELL AND BEST WISHES



We recently gathered to wish Bailey well as she begins a new chapter elsewhere in the Ottawa Valley.

During her time with us, Bailey made an incredible impact - serving as Project Coordinator for our new Primary Care Building, our new Long-Term Care Home, and other projects including our most recent Accreditation. We are so grateful Bailey was able to see our Primary Care Building project through from concept to opening, and we look forward to welcoming her back to celebrate the opening of our new Long-Term Care Home in 2027.

Thank you, Bailey, for everything you've contributed to DRDH. We will miss you and wish you all the best!

WELCOME RESIDENT PHYSICIANS



Dr. Ritchie



Dr. Islam

We are pleased to be hosting both Dr. Ritchie and Dr. Islam at DRDH as they complete rotations with us through the Pembroke Regional Hospital's Residency Program.

Welcome to DRDH!

PRIDE FLOTILLA



Thank you to everyone who joined us at the Pride Flotilla and BBQ on August 16, 2025. We were proud to participate in this meaningful community event and demonstrate our commitment to DRDH being a welcoming and safe space for all those we care for.

Pictured here is Janna, DRDH CEO, and her son Max sporting their DRDH pride t-shirts at the event!

A MESSAGE OF THANKS

Below is a message of thanks received from a grateful patient this month:

We recently had occasion to visit the Emergency Department at Deep River and District Health. From the moment we arrived, we were welcomed and seen promptly by the triage nurse, and then admitted and cared for with great professionalism.

Throughout our time in the department, every staff member we encountered was pleasant, courteous, and attentive. The physician on duty took the time to explain next steps and provide updates on test results, which gave us great reassurance. Within just a few hours, the care provided had already made a noticeable difference.

We wanted to take this opportunity to express our gratitude for the positive experience we had at DRDH. Although we did not get the names of all the staff who assisted us, we ask that our thanks be extended to everyone who was on duty that day. They are all to be commended for their professionalism, positive attitudes, and compassionate care.

In closing, thank you to the entire team for the outstanding service we received.





LIFE LINES

Navigating Relapse in Addiction Recovery

Recovery from addiction is often described as a journey — a winding path with unexpected turns and moments of both challenge and growth. It's a process that takes time, patience, and courage. Some days are easy; others are tough. One challenge along the way is relapse, which can happen to anyone on the recovery path. In this article, we'll break down relapse, explore the stages, offer strategies for prevention, and highlight the role of support systems. Most importantly, we'll focus on how resilience can help you move forward, no matter what challenges arise.



Understanding Relapse: A Common Part of Recovery

Not every return to substance use is the same. Lapse and relapse are fairly common experiences in the recovery process. A lapse refers to a brief slip—such as having a drink or using a drug once—followed by an immediate return to sobriety. In contrast, a relapse involves a more sustained return to substance use after a period of abstinence. A lapse can leave individuals feeling ashamed or like a failure and the automatic response may be to hide what's happened. After a return to substance use, individuals often have thoughts such as, "This happened because I don't have enough will power," or "I'm not capable of abstinence." These thoughts may be accompanied by negative feelings, such as guilt and shame. If these thoughts are not interrupted, the likelihood that a lapse will become a relapse is increased.

A lapse isn't a sign of personal failure; it's often a signal that someone was overwhelmed in a difficult moment. This might happen in many different situations—like having an argument with a partner, hearing an unexpected comment, or being in a place connected to past use. It doesn't necessarily mean someone lacks the tools to cope; sometimes, it's just hard to use those tools in the moment. A lapse can be a chance to pause and reassess—looking at what happened, what's helped before, and how to adjust your strategies to feel more supported moving forward. A lapse during recovery is often seen as part of the larger change process, while a true relapse may signal a need to re-engage with more support or treatment.

Studies show that most people in recovery will experience relapse at least once. According to experts, relapse doesn't mean you have to start over from scratch. It simply means you need to pause, reflect, and refocus on your goals. Recovery means making progress, and it's shaped by both the challenges and the efforts to keep going. Understanding that relapse is a part of recovery can help reduce the feelings of shame and frustration that often accompany it. Instead of feeling discouraged, remind yourself that setbacks are part of the process. The key is to get back on track and continue moving forward.

The Stages of Relapse

Navigating Relapse in Addiction Recovery Relapse doesn't usually happen suddenly. It often builds up over time, progressing through three stages: emotional, mental, and physical. By understanding these stages and recognizing early signs, you can intervene before things get worse.



[Click here to read the full article](#) by our Employee and Family Assistance Provider, Homewood Health.



Homewood
Health



FOUR SEASONS LODGE NEWS

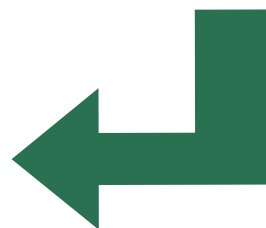
Recreation Calendar

SEPTEMBER 2025 FOUR SEASONS LODGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Labour Day 1 11:00 News 2:00 Puzzles/Sensory Boxes	2 Special Breakfast 10:00 Bingo With Volunteer Group 2:00 Exercises	5-10 3 New Audio Books from the Library 10:00 Bingo With Nancy 11:00 Exercises 6:00 Taste of Home (Apple Pie)	4 10:00 Exercises 12:30 BBQ Lunch & Cocktails with Ann 4:00 Trivia	5 9:30 Easy Listening 11:00 Pet Therapy with Moose 2:00 Jenga	6 9:30 Tea & Coffee Social with Music 10:30 Bocce Ball
7 11:00 Virtual Church 4:00 Church Group	8 10:00 Exercises 11:00 News 2:00 Puzzles/Sensory Boxes	9 Special Breakfast 10:00 Bingo With Volunteer Group 2:00 Exercises	5-10 10 10:00 Bingo with Nancy 11:00 Exercises 6:00 Taste of Home (Pickling)	11 10:00 Exercises 11:00 Virtual Hymns 12:30 BBQ Lunch & Cocktails with Ann 4:00 Trivia	12 Happy Birthday! 9:30 Easy Listening 11:00 Pet Therapy with Moose 2:00 Snakes and Ladders	9-5 13 9:30 Tea & Coffee Social with Music 10:30 Bocce Ball 2:00 Craft
14 11:00 Virtual Church 4:00 Church Group	15 10:00 Exercises 11:00 News 2:00 Puzzles/Sensory Boxes	16 Special Breakfast 10:00 Bingo With Volunteer Group 2:00 Exercises	5-10 17 10:00 Bingo with Nancy 11:00 Exercises 6:00 Taste of Home (Pumpkin Pie)	18 10:00 Exercise 12:30 BBQ Lunch & Cocktails with Ann 4:00 Trivia	19 9:30 Virtual Hymn Sing 11:00 Pet Therapy with Moose 2:00 Scrabble	20 9:30 Tea & Coffee Social with Music 10:30 Bocce Ball
21 11:00 Virtual Church 4:00 Church Group	22 10:00 Exercises 11:00 News 2:00 Puzzles/Sensory Boxes	23 Special Breakfast 10:00 Bingo With Volunteer Group 2:00 Exercises	5-10 24 10:00 Bingo with Nancy 11:00 Exercises 6:00 Taste of Home (Pumpkin Pie)	25 Foot Care Onsite 10:00 Exercises 12:30 BBQ Lunch & Cocktails with Ann 4:00 Trivia	26 9:30 Easy Listening 11:00 Pet Therapy with Moose 2:00 Jenga	9-5 27 9:30 Tea & Coffee Social with Music 10:30 Bocce Ball 2:00 Craft
28 11:00 Virtual Church 4:00 Church Group	29 10:00 Exercises 11:00 News 2:00 Puzzle/Sensory Boxes	30 Special Breakfast 10:00 Bingo With Volunteer Group 11:00 Live Music w. The Monday Niters 2:00 Exercises				

Reminder to please bring forward your interests for recreational activities of the Food & Recreation Committee or provide ideas at any time to the Recreation Worker for new programming. The Four Seasons Lodge encourages family members to join and participate in programming with their loved ones when able. Please note: our Friendly Masking Policy remains in effect for the Home.

Did you know the Lodge's recreation calendar is posted online and in the home each month? September is shaping up to be full of fun—from baking pies and pickling veggies to bingo, live music, and more, there's something for everyone. Take a peek at this month's recreation calendar and see what's in store!



FOOD AND RECREATION COMMITTEE



The Food and Recreation Committee met recently to reflect on summer fun and plan for the fall.

On August 25, residents enjoyed a summer corn roast at lunchtime, thanks to the generosity of family member James who donated sweet corn. With help from volunteers, the corn was shucked, boiled, and served fresh for everyone to enjoy.

Looking ahead, residents are excited for September's Taste of Home programming. They've chosen to bake apple and pumpkin pies, try their hand at pickling a variety of vegetables, and may even prepare some homemade salsa.

Since September doesn't bring any major holidays, residents decided on a special menu featuring baked beans, bruschetta, fresh garden vegetables, fruit salad, and their very own apple pie from Taste of Home.

Recreation activities continue to bring joy. Volunteer-led bingo days are a highlight, and live music from the local band The Monday Niters is always a hit. Residents are also hoping to welcome the Cub Scouts back this fall for an evening of fun.






23RD ANNUAL GOLF TOURNAMENT

On Thursday, August 28th, 72 golfers braved the rain, raising over **\$27,500** for the Closer To Home Campaign.

This day would not have been possible without the generous support we received from our presenting sponsor Christopher Carroll CPA, CA.

A huge thank you to Kevin Hickey of James J. Hickey for sponsoring the incredible meal put on by Janelle Hogue and her team at The Turn, and our hole-in-one sponsor Century 21 - Aspire Realty Ltd.

TOP TEAMS

-  Cutting Edge Custom Woodworks came in first with a score of -13
-  Toban Verdun, Jessie Wright, Wendy McCauley and Todd Chaput came in 2nd with a score of -11
-  Gantry Webster, Noah Webster, Cory Lacelle, and Guy Huard came in 3rd with a score of -10



23RD ANNUAL GOLF TOURNAMENT

Table Sponsors:

Pembroke Tile

Tulmar

TRUEdotDESIGN

Petawawa Physio & Sports
Injury Clinic

HDR Architecture Associates
Inc.

Cutting Edge Custom
Woodworks

Hole & Tee Sponsors:

Big Shiny Windows

McCarthy Propane

Rondeau Electric

Scotiabank Deep River

Troyes Cinema

Toby & Bella's

Elite Property Care

Got You In Mind

Whistle Stop DRDH Auxillary

Pharmasave-Cahoon's
Pharmacy

Prize Sponsors:

Deep River Home Hardware
Building Centre

Santa Fe's Restaurant

Giant Tiger

Valu-mart

Finally, a huge thank you to
volunteer Joanne Vollmer for
all the hard work with the
Silent Auction!



23RD ANNUAL GOLF TOURNAMENT



**THANK YOU TO EVERYONE WHO HELPED MAKE THE 23RD ANNUAL
DRDH FOUNDATION GOLF TOURNAMENT A SUCCESS!**

WCCT MATCHES DONATIONS

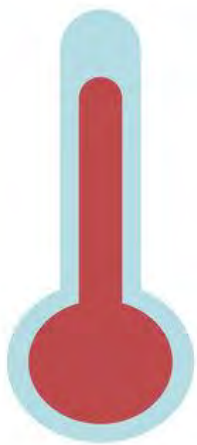


WCCT has proven once again that healthcare in our community is a priority.

A huge thank you for matching donations from Run For Home up to **\$5,000**. This is the WCCT's fifth matching donation at foundation events and we are so grateful!



CAMPAIGN SURPASSES 96% COMPLETION!



We have surpassed the **96%** mark for the Closer To Home campaign!

Currently we need less that \$100,000 to hit our \$2.5M goal. This is truly something worth celebrating.

Stay tuned for more updates!



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.*