



DEEP RIVER &
DISTRICT HEALTH

THE ZINGER

NEWSLETTER

+ TOP NEWS INSIDE

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NOVEMBER 2025



CONSTRUCTION UPDATE

Members of our team participated in a site visit this month to check in on the progress of our Four Seasons Lodge Long-Term Care Home.

See page 4 for more photos and information.



HOLIDAY BAZAAR

A variety of homemade crafts, paintings, and festive treats - prepared by residents with the support of team members - were available for purchase at a Holiday Bazaar on November 28, 2025—with all proceeds going to our new Long-Term Care Home!

See page 21 for more information.

CEO'S CORNER

CONNECTING WITH OUR DRDH TEAM AND COMMUNITY



As November comes to a close, I find myself reflecting on the incredible momentum, progress, and community spirit that have carried us through this month.

One of the most exciting developments this month has been the continued progress on the Four Seasons Lodge construction. With the full structure of the building now visible (and bright green), its very obvious how it's changing the landscape in a way that feels both powerful and hopeful. The construction team has been working diligently to fully enclose the building before winter weather sets in. Wrapping and insulation are now well underway, and we are beginning to see windows installed, small glimmers of what will become warm, bright living spaces for our future residents.

A small group of us also had the opportunity to walk through the new home for the very first time. Standing inside those emerging rooms and hallways, seeing the shape and scale of what we are building, was truly impactful. It made the project feel real in a new way - no longer just drawings, but a home coming to life. That walk-through was a reminder of the extraordinary privilege we have in shaping the future of long-term

care for our community. Thank you to everyone who is participating in our LTC Care

Philosophy discussions and who continue to provide feedback on how we will live and work in our new home – these discussions are fundamental and incredibly impactful in ensuring we have a home that will a community of care for everyone that needs it.

November was also a time to celebrate several of the incredible teams who keep our organization running. We recognized Medical Radiation Technologist Week, an important chance to highlight the critical role MRTs play in diagnosis, patient care, and safe imaging. Our Diagnostic Imaging team is small but mighty, and it was wonderful to celebrate their expertise, professionalism, and commitment. We also came together to celebrate our HR, Finance, and IT teams. These departments work tirelessly behind the scenes to support every corner of our organization, and it was great to take time to acknowledge their contributions and the tremendous impact they have each day. Of course, no celebration at DRDH is complete without thanking our outstanding Dietary Team. This month, they outdid themselves once again, not only keeping us fueled with the nourishing food that sustains us through busy days, but also treating us to special meals that bring comfort, warmth, and connection. Their work is such an essential part of who we are, and I'm grateful for the care they bring to us all.

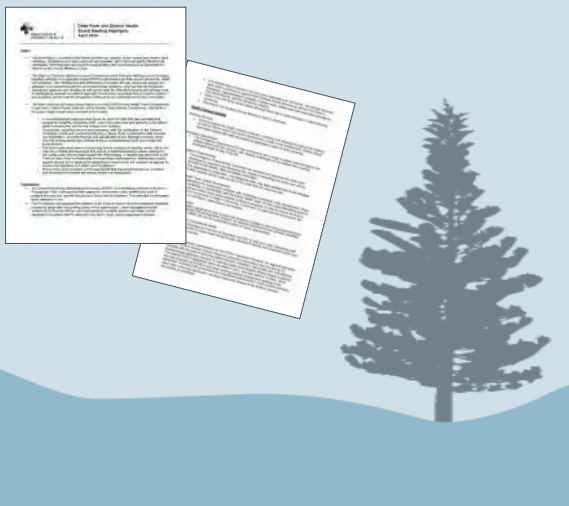
As we transition into winter, I am reminded of how adaptable, supportive, and connected our teams are. The shift into colder months can be challenging, but it also brings opportunities to reflect on what we've accomplished and what lies ahead. With the LTC home visibly taking shape, celebrations both behind and ahead of us, and a strong sense of purpose across the campus, we have much to look forward to as we end the year!

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.



TWO YEARS OF DIGITAL FEEDBACK HIGHLIGHTS EXCEPTIONAL PATIENT EXPERIENCE AT DEEP RIVER AND DISTRICT HEALTH

Deep River and District Health (DRDH) is proud to share the overwhelmingly positive feedback received from patients through our digital experience survey, now in its second year of use. The results reflect DRDH's ongoing commitment to listening to patients and continuously improving experiences across care settings.

Implemented in July 2023, the electronic survey tool gathers timely feedback from patients discharged from the hospital's Emergency Department and Medical Inpatient Unit. The user-friendly, environmentally sustainable platform allows patients to complete a short online survey within 24 hours of discharge to provide valuable, real-time insights to help guide quality improvement efforts.

Since its launch, DRDH has seen consistently strong satisfaction ratings across all categories, with particularly high results for courtesy, respect, and overall care. In early 2025, 98 percent of patients reported being "always treated with courtesy and respect by nurses" in the Emergency Department, an increase from 94 percent the previous year. Similarly, 92 percent said they were "always treated with courtesy and respect by physicians," up from 90 percent the year before. The percentage of Emergency Department patients who stated they would "definitely recommend" DRDH to family and friends also rose, reaching 90 percent. In the Medical Inpatient Unit, patients continued to express confidence in their care, with 92 percent reporting that they were "always treated with respect by physicians."

Patient comments further underscore these positive results. Many praised the professionalism and compassion of team members, with one individual writing, "I felt cared for, respected, and well informed. Thank you." Another patient credited the hospital's diligence and collaboration for a life-saving diagnosis, sharing, "DRDH has a wonderful hospital that saved my life."

Patients also commended the efficiency of the Emergency Department, noting the responsiveness of team members and thoroughness of care. One patient described their visit by saying, "Within minutes of arrival, I was assessed and seen by the doctor. The care was thorough, professional, and I was very satisfied with my treatment." Feedback from medical inpatients was similarly positive, with one patient writing, "Thank you to all nurses, doctors, and staff for helping me get better quickly."

"These positive results show the impact of our team's compassion and professionalism," said Janna Hotson, President and CEO of DRDH. "Every interaction matters, and our team consistently demonstrates the caring and excellence that form the foundation of a positive patient experience. We are incredibly proud to see these values reflected so strongly in the feedback we've received."

Earlier this year, DRDH joined the Ontario Hospital Association's (OHA) benchmarking initiative, which allows hospitals across the province to share and compare patient experience data. This participation will help DRDH identify further opportunities for learning and improvement as the program evolves.

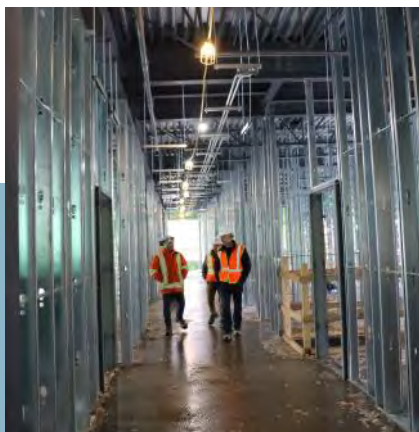
"Our digital survey has greatly improved how we listen to our patients," said Meagen Boisvenue, Vice President of Clinical Services and Chief Nursing Executive. "It gives us meaningful data to celebrate what's working well and focus on what matters most to our patients. All the feedback we receive, both positive and constructive, helps us make meaningful changes that improve the care experience for everyone who comes through our doors."

Survey results are reviewed regularly through DRDH's operational and governance committees, and key indicators are posted publicly within the hospital to ensure ongoing awareness and improvement opportunities.

DRDH remains deeply grateful to every patient who takes the time to share their feedback. Each survey response helps uphold our commitment to providing an excellent, compassionate care experience, every time.



LONG-TERM CARE BUILDING PROGRESS



Members of our team were onsite on November 21 to check in on the progress of the new Four Seasons Lodge Long-Term Care Home being built on our health campus. We're excited to share a few photos from the visit - each milestone brings us one step closer to providing a modern, person-centered home for our 96 future residents.

The construction team continues to work diligently to close in the home, where so much work is already going on inside!

Stay tuned for more updates as construction progresses.



MANDATORY EDUCATION

DECEMBER 2025

Please see the assigned education for the month of December on Surge Learning. This is due to be completed by **Wednesday, December 31, 2025**. Please contact Rebekah if you are having any issues accessing the education.

Topic	Target Staff
WHMIS / GHS	All
Musculoskeletal (Part 1)	All
Body Mechanics	All
Indigenous Cultural Safety in Health Care (Part 3+4)	All
Pain Management & Documentation	RN, RPN
Mechanical Lifts and Client Handling (Part 2)	RN, RPN, PSW, Physio



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



STAFF HAPPENINGS

NEW HIRES



Precious



Caitlin



WELCOME!

This month, we are pleased to welcome three new members to our team. Precious is a PSW, Caitlin is a PSW student joining us from Algonquin College, and we have also welcomed an IT Support Technician (not pictured). Please join us in extending a warm DRDH welcome to all the new members of our team.

LEST WE FORGET



On Remembrance Day, we paused to honour the courage, sacrifice, and service of those who have served, and continue to serve, our country.

Living in a community so closely connected to the military, this day holds deep meaning for many of us. We are surrounded by individuals and families whose lives are intertwined with service - those who are currently deployed and far from home, those who have recently returned, and those who continue to carry the invisible weight of their experiences. Their dedication, resilience, and sense of duty are a reflection of values we hold dear as a community and an organization.

We also recognize the toll that service can take, not only on military members themselves, but on the families, friends, and neighbours who support them. The strength of our community comes from the care we extend to one another and today serves as a powerful reminder of that shared responsibility.

Remembrance Day offers us a reminder to reflect; to remember those who gave their lives, to honour those who serve today, and to think of the families who support them.



TAKE OUR KIDS TO WORK DAY

November 5, 2025 was "Take Our Kids to Work Day", and we were thrilled to welcome students into our organization for a fun, hands-on day exploring the many careers that make up our health campus. From "glow bug" handwashing challenges and lab demos to culinary creations with our dietary team, students got a real taste of what it's like to work in health care.

Thank you to all our team members, students, and volunteer hosts who made the day such a memorable experience!



WELCOME HIGH SCHOOL CO-OP STUDENTS



DRDH is pleased to welcome five high school co-op students to our team this semester — four from Mackenzie Community School in Deep River and one from Valour High School in Petawawa.

Throughout their placement, Autumn, and Cameron, as well as Isabella, Ava, and Vaughn (not pictured) will have the opportunity to explore a variety of careers in healthcare, gain hands-on experience, and learn alongside our dedicated team. We're excited to support the next generation of healthcare professionals!

HAPPY MRT WEEK!

From November 2—8, 2025 we celebrated **Medical Radiation Technologist (MRT) Week** — recognizing the skill, dedication, and care that our MRTs bring to the DRDH team every day.

MRTs play a vital role in patient care, using advanced imaging technologies and treatment techniques to help diagnose and guide care plans with precision and compassion.

We thank our incredible MRT team, including Tammy, Jennifer, and Renée pictured here, for their professionalism, technical expertise, and commitment to patient well-being. Your work makes a difference every single day.



FALL PREVENTION MONTH



November is

FALL PREVENTION MONTH

COULD YOU BE AT RISK FOR A FALL?
FIND OUT WITH OUR FREE ASSESSMENT TODAY.

www.ottawavalleyhealthconnect.ca

Ottawa Valley health connect |  Ottawa Valley ONTARIO HEALTH TEAM

November is Fall Prevention Month, and our partners across the Ottawa Valley Ontario Health Team shared some great content to raise awareness about falls and the importance of staying proactive.

Check out these graphics and keep the conversations going!

Also, you can visit:

OttawaValleyHealthConnect.ca to get your personalized fall risk score and connect with local fall prevention programs that can help you stay strong, steady, and independent!



There are more than
11,000
emergency department visits
for fall-related concussions in
Canada each year



Did you know that more than **11,000** Canadians visit the ER each year for fall-related concussions? Many of these falls can be prevented!

Choose shoes with good grip, avoid loose or worn-out slippers, and make sure your footwear fits well and supports your feet. Your shoes can make all the difference in keeping you steady and safe.



Ensure you wear proper footwear at all times.

Stay-tuned for more fall prevention tips!



Using a grab bar proactively
could reduce your chance of
falling in the bathtub by
100%
if you slip or lose your balance



Stay Safe Where It Matters Most — Your Bathroom!

Slippery surfaces make bathrooms a common place for falls, but a small change can make a big difference.

Install grab bars near the toilet, shower, and tub to help you stay balanced and independent.

HAPPY FINANCE, IT, & HR WEEK!

At DRDH, we're proud to celebrate our dedicated team members who keep our organization running smoothly behind the scenes. From November 16—22, we recognized Human Resources, Finance & Accounting, and Information Technology - three departments whose expertise, problem-solving, and steady support make an incredible impact every day.

From recruiting and supporting our people, to managing resources responsibly, to keeping our systems secure and connected - your work ensures our patients, residents, and team members receive the best possible experience.

Pictured here representing our Finance & Accounting team are Claire, Ian, Mehma and Marjorie. Also pictured are Human Resources team members Mary, Rebekah, and Darren. Thank you for all that you do!



We marked the celebrations with some delicious lunches for all our team to enjoy. On Tuesday, we had a pasta bar with all the fixin's and amazing pies. On Thursday, we had Mediterranean bowls and scrumptious butter tarts.



Thank you to our Dietary Team for all their efforts in pulling off these special lunches!



TOWN HALL

We hosted a “Town Hall” on November 12, 2025 to share a number of important updates and share in discussion about key initiatives shaping our organization. Town Halls are open forums where all team members can come together to hear updates, learn about new initiatives, and engage in discussion about what’s happening across our organization. Highlights from the session included:

- **Nursing Survey Outcomes**
What we learned and next steps
- **Employee Engagement Survey Outcomes**
Your feedback in action
- **Long-Term Care Project Update**
Construction, Care Philosophy and Staffing Plan Update
- **Open Q&A Session**
An opportunity to ask questions and share ideas



For those unable to attend in person or live virtually, the session was recorded and is now posted on Surge Learning. We plan to host Town Halls more frequently moving forward—everyone across our team is encouraged to take part in this opportunity to connect, hear updates, and learn more about how your input continues to shape our direction and future planning.

HOLIDAY TEA



All our DRDH Team and Board Members all invited to drop in on an afternoon of warm beverages, festive treats, and holiday cheer as the Deep River & District Health Auxiliary hosts a special Holiday Tea in appreciation of all that you do.

Date: Thursday, December 4

Time: 2:30 – 4:00 p.m.

Location: DRDH Primary Care Building meeting room

Take a well-deserved break, connect with colleagues, and enjoy some seasonal refreshments!





The DRDH E-Store is having a holiday sale - running from **November 15 to December 15** - with **15% off** all items store-wide!

No promo code is needed, your discount will be automatically applied at checkout. It's the perfect time to pick up some DRDH-branded gear or check a few items off your holiday shopping list.

Browse our selection of t-shirts, toques, sweaters, drinkware, jackets, and scrub tops...great for wearing at work or showing your DRDH pride out in the community.

Every purchase also gives back! For each item sold, \$2 will be donated to the DRDH Foundation to support ongoing fundraising efforts.

Shop the sale: <https://drdhstore.org/>

As a reminder – samples of each item are available to check out in the staff lounge. You can make your purchases directly through the EStore online, or through payroll deduction (form on PolicyMedical). The discount will be applied either way. Shipping is free for orders over \$65 placed directly through the EStore online, as well as for orders made through payroll deduction.



FAMILY HEALTH TEAM NEWS

Heart Smart Community Education Session

HEART SMART



Join our Registered Dietitian for **Heart Smart** — a group education session that provides a dietary approach to reducing risk of cardiovascular disease.

This class will cover key areas of heart healthy eating such as the different types of dietary fat, omega 3s, soy, fibre, salt, sugar, alcohol, eating out, the Mediterranean diet, and more!

OPEN TO ALL ADULTS IN THE
COMMUNITY



**DEEP RIVER &
DISTRICT HEALTH**

North Renfrew Family
Health Team

If you have high cholesterol, and/or have an interest in eating well for your heart, then this class is for you!

Monday, December 8, 2025

10:00 AM — 11:30 AM

Deep River and District Health
Primary Care Building
117 Banting Drive, Deep River

To register, or for more
information, please contact the
North Renfrew Family Health
Team at

613-584-1037

This class is free, but space is limited!

OUR NEW RECOGNITION PROGRAM - LAUNCHING SOON!

We're excited to share that a new peer-to-peer employee recognition program is launching soon at DRDH - a fun and meaningful way to celebrate the amazing people who bring our values to life every day.

This new program is designed to build on the spirit of our existing annual Essential Pieces Award, extending that celebration of excellence throughout the year. The annual Essential Pieces Award will continue to recognize exceptional contributions across our organization, with this new program helping to shine a spotlight on the everyday moments that make a difference.

Here's how the new recognition program will work:

- Every three months, our team will be invited to nominate their colleagues who exemplify one of our six organizational values: **Caring, Excellence, Partnering, Safety, Innovation, and Integrity**.
- **Six winners** will be chosen every three months - one for each value.
- Winners will receive a **custom recognition pin** in our brand colours, engraved with the value they were recognized for.
- All nominees will be featured on a special recognition **bulletin board**, and both nominees and nominators will be entered into a draw for cafeteria vouchers.
- Monthly winners will also be celebrated in the **Zinger** newsletter and on **social media**.

We're planning to open nominations in **January 2026**, but we needed your help with one important detail — **choosing the program's name!**

Thank you to everyone who completed the survey this month and voted for their favourite name...we look forward to revealing the winner and launching the program soon!



VACATION CARRY-OVER

MEMO: VACATION CARRY-OVER 2025

The 2025 vacation year ends on December 27, 2024. Employees that wish to carry over any unused 2025 vacation time must request it in writing by e-mail.

Vacation carry over amounts and time limits will be as per applicable collective agreement or Organizational policy. Vacation time not requested for carry over will be paid-out on December 31, 2025.

Please email any carry over requests to Mandy **by December 19, 2025** and let me or your Supervisor/Manager know if you have questions.

If you would like your vacation paid out prior to December 31st, please complete the form attached to Mary's email on November 24, 2025 and return to Mandy for processing.

Thank you!



THANK YOU TO THE STAFF AT THE DES JOACHIMS GENERATING STATION



Thank you to the team at the Des Joachims Generating Station for their generous support of our community. Their recent contribution includes a \$500 donation to DRDH and a \$500 donation to the Deep River & Area Food Bank. Their donations were made possible from monthly charity luncheons at the station.

Pictured here is Emily Salvalaggio, Senior Manager Maintenance/Production, Candace, DRAFB, Mark Biggs, Trades Management Supervisor, Maintenance, and Amy, DRDH.

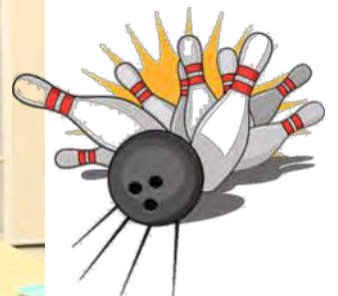
We are grateful for this support and the meaningful impact it has on our patients, residents, and neighbours.

Thank You!

RESIDENT PHYSICIANS AT DRDH



On November 21, 2025, DRDH was pleased to host the Resident Physicians from the Pembroke Regional Hospital's Family Medicine Program for a day filled with education sessions from our local physicians, dinner, and bowling!



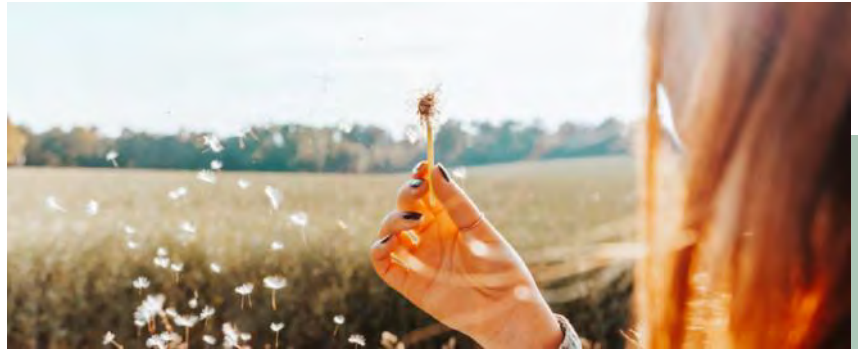


LIFE LINES

Letting Go of Expectations

We all carry expectations whether they're about ourselves, others, and how life should unfold. Expectations are the ideas we form in our minds about what we think should happen. For example, expecting a friend to reply to a message right away or believing that we should always succeed without mistakes. These thoughts often guide our actions, shape our emotions, and affect how we interact with others. The holiday season is often a time

when expectations feel especially heavy. Whether it's hoping for perfect family moments, feeling pressure to meet social or financial demands, or reflecting on a year that didn't go as planned, many people find themselves caught between what they imagined and what actually unfolded. It's a time when we often expect too much of ourselves and others which can lead to stress, disappointment, or relationship strain. In this article we'll examine how expectations can impact mental health, how expectations can be identified, and learn how to let go of expectations.



Realistic vs Unrealistic Expectations

Some expectations can be helpful. They motivate us to reach goals, set boundaries, or strive to be better. For instance, expecting respect in a relationship is healthy. But not all expectations are useful.

Sometimes, we expect too much from ourselves or others. When that happens, we can feel let down, angry, or frustrated. Unrealistic expectations create a gap between what we imagine and what actually happens. When the two don't match, we often feel disappointed, even if things really aren't truly going badly. The problem isn't just what happened, but how much we expected things to go a certain way.

The Impact of Expectations on Mental Health

Expectations—especially when they're rigid or too high—can have a big impact on our mental well-being. Here's how they often show up:

Stress and pressure. When we expect ourselves to be perfect, we feel constantly tense. We push ourselves harder than necessary, and that stress builds up over time.

Anxiety and fear. If we expect certain outcomes, such as needing someone's approval or fearing failure, we can start to worry about all the ways things could go wrong. Disappointment and frustration. When things don't go the way we hoped, it feels like something's broken. Even small setbacks can feel overwhelming if we expected everything to go smoothly.

Low self-esteem. If we don't meet our own expectations, we may feel like we're not good enough. We might blame ourselves, even when something was out of our control.

Strained relationships. When we expect too much from other people, whether it's attention, agreement, or emotional support we may end up disappointed or resentful. This can damage trust and communication.

Expectations can sneak into every area of life, including work, school, friendships, romantic relationships, parenting, and even how we think our lives should look by a certain age. The more we cling to them, the more we risk feeling like we're falling behind or missing out.



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

SOCIAL COMMITTEE NEWS

We are delighted to be hosting our upcoming holiday celebration — the Holly Jolly Soirée on Friday, December 5, 2025! It's sure to be an evening filled with great food, festive music, and wonderful company. Thank you to those who have RSVP'd...we look forward to celebrating the season with you!

To answer a few questions that have popped up regarding the event, please see below:

What is the dress code? The event is semi-formal/business casual. Get dressed up in your holiday best, or as you see fit!

What is being served for the meal? Ullrich's is catering our event and there will be both delicious chicken and beef options along with a variety of hot sides, salads, charcuterie, and amazing desserts.

How does transportation home work? We have been able to coordinate a taxi service that will be available starting at 9:00 PM running through to the end of the event to get you home safely. We kindly ask if you are heading out and in the same direction as another team member, you share the ride when possible.

What are some of the giveaways? One of our lucky team members will have a chance to win a spa day getaway at Koena, with a gas card and hotel stay. Further to this, there will be two other big giveaways, as well as draws for various gift cards and gift baskets.



EDUCATION OPPORTUNITY

As part of our ongoing commitment to developing DRDH team members, and to build internal capacity in anticipation of our long-term care expansion in 2027, we're excited to share this exciting management training opportunity with our team.

This is a unique, four-month online training program designed to support experienced and emerging leaders in the long-term care sector. The ideal candidate is someone who has an open mind, is eager to learn, and wants to learn more about managing in long-term care. It is open to all team members with an interest in leadership within our new 96-bed long-term care home. Additional information related to the course can be found by [clicking here](#).

We will be selecting and supporting 2 participants for the Winter 2026 cohort.

For more information on how to apply, see Darren's email from November 26, 2025.

We encourage anyone who sees themselves growing into a future leadership in LTC to apply!

If you have any questions, please feel free to reach out to Darren.





FOUR SEASONS LODGE NEWS

Remembrance Day Ceremony



Thank you to the members of the Deep River Legion who conducted a Remembrance Day ceremony for our residents at the Lodge.

We gathered to remember those who sacrificed their lives for our country, and to honour all who have served and continue to serve.



Our wonderful Auxiliary volunteers have been busy decking the halls in the Lodge!

With festive décor, cheerful touches, and plenty of holiday spirit, they've helped make our home feel bright and welcoming for residents, families, and our team.

We're grateful for their time, creativity, and dedication during this special season—thank you!



+ RESIDENTS' COUNCIL CORNER



At this month's meeting, the Residents' Council welcomed Marjorie from our Finance team for a helpful discussion on accommodation fees. Council members appreciated the opportunity to review how lodging payments are set up and to ask any financial questions they had.

Council members were also pleased to receive an invitation to participate in an upcoming session on the Philosophy of Care for our new Long-Term Care Home. Jenny and Janna will meet with the group on Tuesday, December 9, 2025, to share updates and gather resident input. The Council is looking forward to learning more about the progress of the new building and contributing their perspectives to the session.

As part of their ongoing review of resident rights, the Council discussed Right #18: **"Every resident has the right to be afforded privacy in treatment and in catering for their personal needs."** This conversation helped reinforce the importance of privacy and dignity in daily care.

Finally, the Council has decided to shift future meeting times to 1:30 p.m. to allow members a bit more time to gather following lunch.





FOUR SEASONS LODGE NEWS

Cake Day!



On November 27, 2025, residents at the Lodge celebrated International Cake Day with a festive “Cake Day” event. Residents enjoyed decorating their own mini cakes, crafting each one with care, creativity, and plenty of joy to share with fellow residents, family members, and friends.



FOOD AND RECREATION COMMITTEE



The Food and Recreation Committee began this month’s meeting with a review of the Committee By-Laws, reaffirming the group’s purpose, structure, and role in supporting meaningful resident engagement.

Gail shared a positive update from her recent participation in the organization’s Long-Term Care Continuous Quality Improvement Committee. Based on resident feedback, the organization will be exploring ways to improve the readability of staff ID badges—making the font larger and considering colour-coding by role to help residents more easily identify staff.

Members also discussed the new seasonal menu, now two weeks in effect. Ann asked for feedback on the updated options, and residents expressed that they are pleased to see fewer spices being used and are excited about the refreshed à la carte selections, which now include a burger, chili, and chicken souvlaki with rice. Suggestions were offered to adjust one of the pasta dishes and to reduce the number of sandwich-based meals. Ann also shared that the kitchen will begin taking photos of meal options to give residents a

clearer visual before making their selections, which was warmly received.

Plans are well underway for the Holiday Meal, scheduled for Friday, December 19, featuring a traditional turkey dinner with all the fixings and a selection of pies for dessert. Invitations for families will be circulated in the coming weeks. The Committee also finalized plans for “Taste of Home,” where residents will help choose recipes for holiday dessert trays.

The Holiday Bazaar, taking place Friday, November 28, has been a major focus as residents have been busy crafting and knitting items to sell in support of the new Long-Term Care Home.

Looking ahead to December, residents are hoping to enjoy an evening bus tour of holiday lights throughout Deep River. Special themed days—such as Hot Cocoa Day and Maple Syrup Day—are planned, along with visits from the Cubs for holiday activities and caroling. A number of musical guests will also join us throughout the month to add to the festive spirit.



FOUR SEASONS LODGE NEWS

Candlelight Memorial, Wine Tasting & Charcuterie Night



On November 21, 2025, the Lodge welcomed families, residents, and team members for our second annual Candlelight Memorial Celebration. This gathering offered a peaceful space to honour those who have made the Lodge their home and to reflect on the memories they leave with us.

We extend our sincere appreciation to Megan for the beautiful violin music that set the tone for the evening, to Trinity for sharing touching reflections, and to our Dietary team for thoughtfully preparing the refreshments. Thank you to everyone who helped create a meaningful and memorable night.



Residents and family members at the Lodge recently enjoyed a cozy Wine Tasting & Charcuterie Night. The evening was filled with great conversation, delicious bites, and plenty of smiles as everyone sampled a variety of flavours together.





FOUR SEASONS LODGE NEWS

Shopping Day & Holiday Bazaar



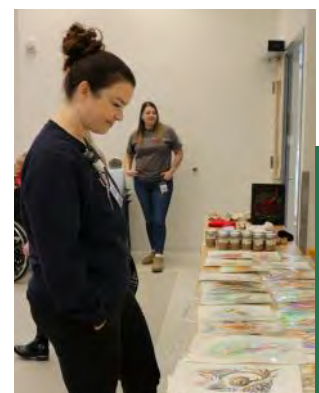
November 25, 2025 was our annual shopping day at the Four Seasons Lodge!

Thanks to the incredible Auxiliary volunteers who brought in items from the Whistle Stop, our residents enjoyed another delightful shopping experience right in the comfort of their own home.



Residents at the Lodge proudly showcased their creativity at their Holiday Bazaar this year on November 28, 2025. A variety of homemade crafts, paintings, and festive treats - prepared by residents with the support of team members - were available for purchase.

All proceeds from the event will be donated to our new Long-Term Care Home, making this festive tradition both joyful and meaningful!



POLAR PLUNGE—REGISTRATION NOW OPEN!

DIP TO DONATE
polar Plunge
In support of
Deep River & District Health

DECEMBER 7TH, 2025
11:00 AM - 2:00 PM
DEEP RIVER MARINA



Remember last year when the Deep River & District Health Foundation made you raise money to jump into the Ottawa River in December?

Well.....we're back!

The 2nd Annual **Dip To Donate Polar Plunge** is happening and it's time for you to register!

Sunday, December 7th, prepare to plunge into the icy cold waters of the Ottawa River at the Deep River Marina.

Last year we raised over \$35,000 so let's see if we can hit \$40,000 this year!

Registration is open now @ drdhfoundation.com/DipToDonate

Consider challenging someone else to dip this year and support healthcare in our community!

All proceeds raised from this event will go directly to supporting Deep River & District Health!

TRIM THE TREE

Turn Your Donation Into Something More This Holiday Season

Donate to the Deep River & District Health Foundation for our annual Trim the Tree and get an ornament put on the DRDH Holiday Tree.

You can purchase an ornament and have a loved ones name put on it, or just have a small ornament added to our tree.

Ornaments will hang in our lobby to remind your loved ones that they are never far from you thoughts, and just before Christmas, you can take them home to hang on your own tree.

All donations over \$20 will be issued a tax receipt.

Click [HERE](#)
to Trim the
Tree

ORNAMENT OPTIONS

- Donations of \$200 or up will receive the GOLD ornament adorned with a name of your choice. (3.5in)
- Donations of \$150 to \$199 will receive the SILVER ornament adorned with a name of your choice. (3in)
- Donations of \$100 to \$149 will receive the CLEAR ornament adorned with a name of your choice. (3in)
- Donations of \$99 and under will receive a small round ornament on the tree.



HOLIDAY SMILE COOKIES



From November 17–23 our local Tim Hortons spread extra holiday cheer through the Holiday Smile Cookie Campaign - and we're thrilled that proceeds are being generously donated to the DRDH Foundation. Our Executive Team rolled up their sleeves to help decorate the festive cookies and had a great time delivering them to our amazing staff across the organization. A heartfelt thank you to Tim Hortons, our community, and everyone supporting this sweet campaign!





APPRECIATION CAFE

Spend this Giving Tuesday with us!

The foundation invites you to our annual **Appreciation Cafe** where we get to give back to you, our donors!

Date: Tuesday, December 2nd

Time: 1:00 PM to 4:00 PM

Location: Deep River Community Church CEC building @ 115 Deep River Road

Join us for coffee, tea, goodies, and light entertainment!

A MESSAGE FROM OUR JOINT HEALTH AND SAFETY COMMITTEE

Please see the poster here for a reminder of how we can work together to keep DRDH a safe and respectful place for all:



Welcome to Deep River & District Health

Let's work together to keep this a safe and respectful space



Scent-Friendly Space
Please avoid wearing perfumes or scented products



No Recording
Photography, video, or audio recording is not allowed



Respectful Behaviour Only
Verbal or physical abuse will not be tolerated



DEEP RIVER & DISTRICT HEALTH

Thank you for helping us maintain a comfortable and caring environment for everyone

DO THE PENGUIN WALK!

With icy conditions possible around the organization, our Joint Health and Safety Committee reminds everyone to do the penguin walk.

- **Walk flat footed and take small steps**
- **Wear footwear that provides traction**
- **Step down, not out, from curbs**
- **Use your arms for balance**



As winter weather settles in, safe driving becomes more critical than ever. Whether you're commuting to work or running errands, here are some essential tips to help you navigate the roads safely this season:

Equip Your Vehicle for Winter—Ensure your car is ready for the season by installing winter tires, which provide better traction in snow and icy conditions. Check your tire pressure regularly, as it can drop in colder temperatures.

Clear Your Vehicle Thoroughly—Take the time to clear all snow and ice from your car, including the roof, windows, mirrors, and lights. This not only improves your visibility but also prevents snow from flying onto other vehicles and creating hazards.

Drive Cautiously—See snow? Drive slow! Reduce your speed and increase your following distance to account for slippery roads and reduced visibility. Accelerate and brake gently to avoid skidding, and take extra care on bridges and overpasses, which tend to freeze first.

Plan Ahead—Check the weather and road conditions before heading out, and allow extra time for your commute.

By taking these precautions, you can reduce risks and ensure safer journeys throughout the winter months.

Stay safe this winter!



CALL FOR CONTENT

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

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