



TOP NEWS INSIDE

CEO's Corner	2
Employee Survey	3
Long-Term Care Building Updates	4
Monthly Education	5
Scheduling System Training	6
Social Committee News	7
Medical Students and Residents	8
Mental Health Planning	9
Coping with Change	10
Leadership Development	11
Essential Pieces Call for Nominations	12
Employee Recognition Event	13
Four Seasons Lodge News	14–17
Foundation News	18–19

JANUARY 2026



EMPLOYEE SURVEY SHOWCASES PRIDE AND COLLABORATION AT DRDH

DRDH is pleased to share the results of our recent Employee Engagement Survey, which reflect a committed, collaborative workforce and meaningful advances in employee experience. See *page 3-4 for the full news release*.



PUPPIES VISIT THE LODGE

The Lodge was full of extra joy on January 22, 2026 as four sweet golden retriever puppies came to visit. See *page 15 for more photos!*

CEO'S CORNER

CONNECTING WITH OUR DRDH TEAM AND COMMUNITY

A very Happy New Year to our team, patients, residents, and community. January arrives each year in the heart of winter, and this one reminded us just how demanding this season can be.

Exceptional cold, ongoing illness, and multiple outbreaks across the organization made January a challenging month operationally. These pressures were felt across departments and teams, and I want to sincerely acknowledge the effort, flexibility, and professionalism that were required to respond. Despite the circumstances, care remained safe, compassionate, and person-centered. Teams supported one another, adapted quickly, and worked together seamlessly to ensure patients and residents continued to be well cared for. This collective effort speaks volumes about the strength of our organization and our shared commitment to those we serve.

As we begin to move past the peak of winter illness, I hope that everyone who was affected, whether personally or professionally, is starting to feel better and has had the opportunity to rest and recover. Looking after one another remains just as important as the work we do every day.

January also marked an important transition from reflection to action. As shared in December, 2025 was a year of meaningful progress - one where plans became reality, momentum continued across our capital projects, and the organization was further strengthened through growth, change, and collaboration. Building on that foundation, we held an engaging and productive planning session with our broader leadership team this month to help set priorities and direction for 2026. The discussion was thoughtful, forward-looking, and grounded in a shared desire to ensure we are aligned as we move into what will be a busy and exciting year.

Thank you to everyone who participated and contributed. Your insights and engagement will help ensure that we continue to work together with clarity, purpose, and a solutions-focused mindset as we advance our work in the months ahead.

Even in the depths of winter, it is the strength of our people, our teamwork, and our shared commitment to care that carries us forward. Thank you for everything you do, every day, to support our patients, residents, and one another. I look forward to all that we will accomplish together in 2026.

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.



EMPLOYEE SURVEY SHOWCASES PRIDE AND COLLABORATION AT DEEP RIVER AND DISTRICT HEALTH



Our nursing team shines! Their dedication and collaboration, reflected in our survey results, make DRDH a great place to work and receive care. Pictured here are team members Jordan, Lindsay, Melissa, Dallas, and Megan.

Deep River and District Health (DRDH) is pleased to share the results of our recent Employee Engagement Survey, which reflect a committed, collaborative workforce and meaningful advances in employee experience.

As part of DRDH's ongoing focus on fostering an inclusive, supportive, and sustainable workplace, employees were invited to participate in the survey conducted in late 2025. Nearly 40% of team members responded, offering insight into how our workforce perceives core areas of engagement compared to the previous survey in 2023. Overall, employee sentiments improved in 22 of the 30 areas measured, with notable gains in communication, teamwork, respect, and empowerment.

Employees continue to express strong pride in the quality of care delivered across DRDH and report positive, respectful relationships within their teams. Measures of team respect and collaboration scored 94% and 88%, respectively, while perceptions of quality of care and organizational pride exceeded 92%. The overall workplace rating climbed to 83%, reinforcing DRDH's reputation as a supportive, values-driven organization.

Several areas saw particularly strong growth. Consultation about change increased by nearly 19%, and empowerment and decision-making rose by more than 13%, reflecting growing trust, inclusion, and confidence in leadership.

Among the key themes highlighted was a strong interest in career growth, with employees aspiring to move into leadership, education, or specialized roles as DRDH prepares for the expansion of our health campus, including the opening of a new 96-bed Long-Term Care Home and the development of future hospice services. At the same time, many employees expressed a deep commitment to their current roles, emphasizing team cohesion, stability, and satisfaction in continuing to contribute within their existing positions.

Continued on next page...

EMPLOYEE SURVEY SHOWCASES PRIDE AND COLLABORATION AT DEEP RIVER AND DISTRICT HEALTH

Janna Hotson, President and CEO of DRDH, said, "I am proud of our team and the dedication and professionalism they demonstrate each day. These survey results show real progress in how our team members feel supported, included, and empowered. As we look to the future, this feedback will help us build on our strengths and continue fostering an environment where everyone can thrive professionally while providing excellent, compassionate care to our community."

The 2025 Employee Engagement Survey results position DRDH to retain, recruit, and grow our workforce, ensuring a workplace where employees feel respected, heard, and valued.

Those interested in joining the DRDH team are encouraged to regularly visit the Careers section of our website at www.drdh.org/currentopportunities.

LONG-TERM CARE BUILDING PROGRESS



Construction on the new Four Seasons Lodge Long-Term Care Home continues to move ahead, with steady progress both inside and out.

Exterior cladding work is well underway on multiple wings, and several of the windows are now installed. The roofing membrane is nearing completion, helping protect the building from the elements.

Inside, wall framing on the second floor is complete, with first-floor work close behind in some areas. Fire protection and stair installation are progressing, and heating and air systems are being installed on the upper level.

Each week brings visible changes, and the building is really starting to take shape. More updates will be coming soon as we continue building a welcoming new home for 96 future residents!



MANDATORY EDUCATION

FEBRUARY 2026

Please see the assigned education for the month of January on Surge Learning. This is due to be completed by **Wednesday, February 25, 2026**. Please contact Rebekah if you are having any issues accessing the education.

TOPIC	TARGET STAFF
Respectful Workplace Policy	All
Abuse & Neglect – Zero Tolerance, Policy, Mandatory Reporting	All
Whistleblower Protection	All
Caring for Persons with Dementia with Pre and Post Survey	All
Privacy and Confidentiality	All
Confidentiality of Personal and Hospital Information Policy	All
Environmental Cleaning – Module 2 – Stopping the Spread of Infections	Environmental Service
Consent to Treatment	RN, RPN, NP, Physiotherapy, DI, Clinical Manager
Bloody Easy Blood Administration	RN, RPN
EKG Like a Boss - Part 3	RN, RPN, DI
LifeVac Training Video	RN, RPN, PSW, Dietary, Rec Therapy, Housekeeping
Decision Algorithm For Acute Stroke Deep River – Emergency Department	RN
Decision Algorithm For Acute Stroke Deep River – Inpatient	RN, RPN



Caring for Persons with Dementia
An education resource for long-term care staff

MENU

I suggest you begin your tour with a review of some basic information about dementia. Then consider each of these common long-term care situations in any order you wish:

- Understanding Dementia
- Providing Dementia Care in the Dining Room
- Providing Dementia Care During Activities
- Providing Dementia Care During Personal Care
- Providing Dementia Care During Lifts and Transfers
- Parting thoughts



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

CELEBRATING GROWTH & ACHIEVEMENT



We're proud to congratulate Jeff and Dale on the successful completion of their Personal Support Worker (PSW) certifications!

Both Jeff and Dale have grown their careers right here at DRDH - starting on our housekeeping and dietary teams and now stepping into new roles as certified PSWs. Through the Learn and Earn Accelerated Program with Humber College, they completed 12 weeks of online learning followed by 8 weeks of clinical placements at our organization.

Their journey reflects our commitment to supporting opportunities for our team to learn, grow, and thrive!

We're also excited to share that two more team members are currently enrolled in the program, and we are wishing them every success as they continue their studies.

SCHEDULING SOFTWARE TRAINING FOR ALL EMPLOYEES

We are pleased to announce that beginning **Wednesday, February 4**, DRDH will launch training for our electronic scheduling system. This transition represents an important step toward improving workflow efficiency, strengthening access to scheduling and payroll information, and supporting a more seamless day-to-day experience for all.

The training sessions will cover essential functions, including:

- **Viewing Your Schedule**
- **Call Outs – Bidding on open shifts**
- **Vacation & Leave Requests**
- **Time & Attendance Processes**
- **Accessing Pay Stubs, T4s, and other personal records**
- **Time clock setup**



To participate in the hands-on activities, **please bring your cell phone or device you will use to access the system (laptop, tablet, etc.) to the training sessions**. Several components of the system are mobile-enabled and will be demonstrated during the session. For those not comfortable or wanting to use the mobile app, we will be covering the web-based interface in addition to the mobile interface.

Training will be offered **from Wednesday, February 4 to Friday, February 21**, with sign-up sheets available in the **Ward Clerk Office** for your convenience.

Each session will accommodate up to 12 participants, with times available across all shifts—including select weekend options—to ensure everyone can attend.

We appreciate your engagement and collaboration as we implement this system. Should you have any questions or need assistance with registration, please don't hesitate to reach out to Darren Deering, Vice President of People and Chief Human Resources Officer.



**Send some sweet treats & a special message
to your colleague(s)!**

\$3.00/cach

To order, reply to Amber and indicate the name of your colleague that the candy gram (various candies) will be delivered to, along with a short message for the note card. Payment can be made through payroll deduction by indicating this in your email order, or reach out to arrange in-person ordering & payment.

Candy Grams are available for pre-order starting today through to February 9, 2026 when deliveries will kick off & run through the week up to Valentine's Day!

Organized on behalf of the DRDH Social Committee

WELCOME MEDICAL STUDENTS



Please join us in giving a warm welcome to Ali and Hassait, third-year medical students from Queen's University.

Over the next few months, they'll be joining us to experience the excitement and rewards of rural medicine here in Deep River. You might spot them in our Emergency Department, on the Medical Inpatient Unit, or at an upcoming clinic appointment - be sure to say hello and make them feel at home!

During their time with us, we're excited to showcase not only what it's like to be part of the team at DRDH, but also the perks of rural living, whether it's enjoying snowy winter activities or experiencing the strong sense of community our town has to offer!

WELCOME!



We are also pleased to welcome Mitchell, a third-year medical student currently studying abroad at the RCSI School of Medicine in Dublin, Ireland, to our community.

Over the next few weeks, Mitchell will be working alongside our dedicated physicians in their primary care practices, our Emergency Department as well as our Medical Inpatient Unit to gain further insight into what rural family medicine has to offer here in Deep River. Please be sure to say hello and extend a warm welcome to Mitchell should you cross paths with him during his time here.

Pictured here is Mitchell with Dr. Quenneville on the left, and Dr. Ben Amor on the right, two of our local physicians who continue to support the future of medicine through mentoring, teaching, and providing students with direct clinical care experiences. We are grateful to have medical learners like Hassait and Mitchell in our community and we hope that they will consider returning to practice here in the future.

LUNCH AND LEARN



January 29th's Lunch & Learn session on melanoma brought together medical students, residents, and a visiting locum physician to connect and learn in our new Primary Care Building.

Opportunities like this highlight our team's commitment to fostering a supportive environment focused on education, collaboration, and continuous improvement through shared experiences.

A special thank you to Dr. Armer for taking the lead on organizing and facilitating this engaging session!

MENTAL HEALTH COLLABORATIVE PLANNING



On January 20, 2026, we were proud to host a collaborative planning day here at Deep River and District Health in partnership with our Ottawa Valley Ontario Health Team (OVOHT).

Together with local service providers and community partners, we focused on strengthening adult mental health services in Deep River and District - sharing insights, identifying gaps, and building momentum toward better access, coordination, and care closer to home.

Thank you to all of our partners for their time and perspectives. This collaboration is an important step toward improving how adult mental health services are coordinated in our region.

Artificial intelligence (AI) has become an important part of everyday life. It can help organize schedules, suggest routes to avoid traffic jams, analyze data, and more. Across North America, new technologies are changing how we work, communicate, and make decisions. While these advancements bring opportunities, they can also leave people feeling uneasy. For some, the growing presence of AI creates a sense of uncertainty, pressure, or fear about what the future might hold. This feeling is often described as AI

anxiety—a response to rapid technological change and the unknowns that come with it. If you've ever felt worried about being replaced by technology, overwhelmed by digital tools, or unsure about data privacy, this article will help you understand where those feelings come from and offer practical ways to manage them.



Understanding AI Anxiety

AI anxiety often comes from the same emotional roots as other types of stress: fear of loss, lack of control, and concern about the unknown. The difference is that AI anxiety is tied to a system that feels abstract and constantly evolving. According to recent research, these concerns often overlap with feelings of digital fatigue, reduced trust in data privacy, and confusion about how AI tools collect and interpret information. The combination of rapid innovation and limited transparency can make it difficult for individuals to feel secure about how technology affects their personal and professional lives. Key factors that can influence AI anxiety include:

- **Uncertainty about the future.** When technology develops faster than we can adapt, it can leave people feeling disoriented. Not knowing what skills will matter in the future or how industries will change can lead to stress and self-doubt.
- **Fear of obsolescence.** Some individuals worry that their skills or experience might no longer be relevant in an automated world. This fear can affect self-esteem and career confidence.
- **Privacy concerns.** As AI systems gather and analyze data, people may wonder how much of their personal information is truly secure.
- **Digital overload.** Constant exposure to digital tools and notifications can be exhausting. When work and personal technology overlap, it can become difficult to unplug and rest.
- **Lack of understanding.** Not everyone feels comfortable or confident with new technology. When AI seems complex or difficult to grasp, it can make people feel left out or dependent on systems they don't fully understand.
- **Fear of missing out.** Some people may feel pressure to adopt AI tools as quickly as possible, worried that they will be left behind if they don't keep up. Seeing how AI promises greater efficiency and productivity can create an internal sense of urgency—anxiety that others are advancing faster, or that we are not doing enough to stay relevant. This pressure to adopt faster than we can comfortably adapt can become a significant source of stress.

Understanding where these feelings come from can help you begin to manage them. When fear arises, acknowledging it and learning how to respond with awareness can help you feel more informed, supported, and in control.

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

LEADERSHIP DEVELOPMENT INSTITUTE

Leaders from across our organization gathered together at the Deep River Arena for the day on January 14, 2026 for a Leadership Development Institute. The theme of the session was *Vision to Velocity—Designing Focus, Flow, and Follow-Through for 2026*. As we look ahead, 2026 will be one of the busiest and most consequential years for DRDH. This session was intentionally designed to bring leaders together to translate strategy into action, align priorities, and create the conditions for momentum, coordination, and follow-through across the organization.

The day also included facilitated working sessions, leadership horizon-setting across sectors, interactive prioritization activities, and team-based design work focused on major 2026 initiatives.



ESSENTIAL PIECES AWARD



ESSENTIAL PIECES AWARD

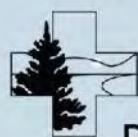
Nominate a team member for the Essential Pieces Award—celebrating outstanding contributions to our patients, residents, and visitors

- ◆ Open to all staff, physicians, volunteers & students
- ◆ Find the form on Policy Medical or grab a paper copy in the cafeteria or break room

Let's celebrate those who make a difference!



EMPLOYEE RECOGNITION EVENT



DEEP RIVER &
DISTRICT HEALTH

RECOGNITION RECEPTION

EMPLOYEE RECOGNITION EVENT

FEB | 20 | 2026

THE BEAR'S DEN
DEEP RIVER

SOCIAL HOUR AT 5:30 PM
DINNER SERVED AT 6:00 PM

**2025 SERVICE AWARD PRESENTATIONS
& ESSENTIAL PIECES AWARD TO FOLLOW**

PLEASE RSVP TO AMCDIARMID@DRDH.ORG
BY FEBRUARY 6, 2026

We are pleased to share that our Employee Recognition Event, the Recognition Reception, will be taking place on Friday, February 20 this year.

Please see Amy's email from January 26, 2026 for all the details, and be sure to RSVP by Friday, February 6, 2026. We hope to see you all there!

DRDH E-STORE

We're refreshing our DRDH E-Store for 2026 with some new branded gear.

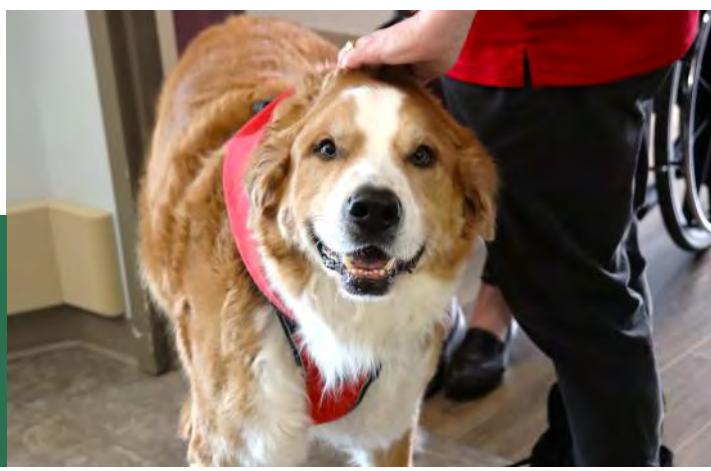
Thank you to everyone who completed the survey to help us decide what items to add next. Your feedback ensures we're offering branded gear that our team will be excited to wear and use with pride, whether it be apparel, bags, hats, or something else.

Thanks for helping us build an E-Store that truly reflects our team spirit. We look forward to launching new items soon—stay tuned!



FOUR SEASONS LODGE NEWS

Special Guest—Moose!



January 30 brought a very special guest to the Lodge — Moose, the therapy dog from St. John Ambulance Renfrew County!

With his handler Paulette, Moose spent time connecting with residents and spreading comfort in his own gentle way. We truly appreciate the joy and calm he brings to our residents and team!



St. John Ambulance





FOUR SEASONS LODGE NEWS

Puppy Visits



Puppy days are the best days! The Lodge was full of extra joy on January 22, 2026 as four sweet golden retriever puppies came to visit, thanks to our amazing team member Patti. Their tiny paws, wagging tails, and fluffy cuddles brought smiles with them everywhere they went.

Thank you, Patti, for sharing these little rays of sunshine with our residents and team!



Ciao from the Lodge! As part of our *Travel & Taste* program, residents took a delicious trip to Italy this month. The dining room became an Italian restaurant for the night, and residents sampled a variety of pastas topped off with a sweet serving of tiramisu. A wonderful way to experience the world, one bite at a time.

RESIDENTS' COUNCIL CORNER



The Residents' Council met on January 22, 2026, and had a thoughtful and productive discussion on several important topics affecting life in the home. Residents invited Jenny, Director of Care, to join the meeting to talk about the new staff name badge updates. They reviewed the badge options and shared feedback that the font should be larger and that a contrasting colour could help improve visibility. It was also discussed that the badges will be worn higher on the collar area so they are easier to see. Jenny will take this feedback back to the team and bring updated badge designs for review at the next Council meeting.

Residents also reviewed the recent outbreak in the home and acknowledged that the team did a great job keeping things running smoothly during a challenging time. Some learnings were identified, including the importance of clear notification processes for spiritual care providers during outbreaks, and this will be reviewed further to ensure the current policy reflects that need.

As part of the annual review process, residents looked at the Patient, Resident and Family Feedback process for compliments and concerns, and Jenny provided an overview of the steps that occur when feedback is received.

The Council also reviewed Resident Bill of Rights #20 and #21, which speak to every resident's right to ongoing and safe support from their caregivers to support their physical, mental, social and emotional wellbeing and quality of life, as well as the right to have a friend, family member, caregiver or other person of importance attend any meeting with the licensee or staff of the home.

In addition, residents reviewed the monthly dashboard data and received an update on construction of the new long-term care home. Jenny shared that there will be a future meeting where a resident representative will be invited to hear updates about the new home and speak to operational planning, and the Council selected a resident representative to attend on behalf of the group.



FOUR SEASONS LODGE NEWS

Radio Bingo, Pizza Party and Paint Classes



Fun, food, and friendly competition at the Lodge!

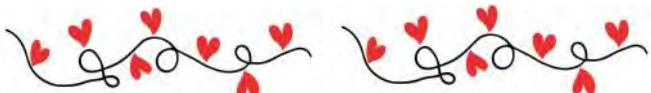
Residents have been keeping busy with radio bingo, a pizza party, and art classes. To kick off the year, residents asked to learn how to paint, and they've been creating some wonderful pieces. Check out Sybil's beautiful artwork in the photos here!



FOOD AND RECREATION COMMITTEE



The Food and Recreation Committee met on January 20, 2026, and residents had a productive discussion about current programs, dining, and upcoming events. One of the new highlights is access to the Libby App through the Deep River Public Library, which allows residents to enjoy audiobooks at any time using the iPad. Physical audiobooks on disc will still be available each month for those who prefer that format. Residents also shared feedback about the menu and were pleased to see that their suggestions have already been acted on, particularly with noticeable improvements to the spaghetti. Additional feedback included that peas are not a favourite for many, and the kitchen will now offer an alternate option on nights when peas are served.



Looking ahead to February, residents are excited to host a Valentine's Day Dinner on Saturday, February 14, 2026. The menu will include steak and stuffed chicken with potatoes and vegetables, followed by a red velvet layered cake for dessert. In recreation, Robin will be focusing again on more physical programming at the request of residents, including activities like bocce ball. There will also be additional spa days added to the schedule, featuring hair care and manicures for some extra pampering. As part of the *Travel and Taste* program, residents will celebrate Chinese New Year, and later in the month they will enjoy a Samosa Social with tasty appetizers and an evening of fun. In addition, residents are looking forward to starting a new intergenerational Pen Pals program with a kindergarten class from Pembroke, creating meaningful connections across generations.

BREAKFAST & BONSPIEL



BREAKFAST & BONSPIEL

Saturday, March 7th 2026

**REGISTER NOW @
DRDHfoundation.com/events**

Entry by Donation (minimum \$25/person)



Breakfast & Lunch Included

Deep River Curling & Squash Club
1 Grante Rd, Deep River

Musical Guests: Laurentian Hillbillies

Hurry Hard and register now for the 4th Annual DRDH Foundation Breakfast & Bonspiel.

Saturday, March 7th
Pancake breakfast 8:00 AM
Curling 9:00 AM until 5:00 PM

Deep River Curling and Squash Club

Prepare for a fun-filled day with complimentary breakfast and lunch, live music, competitions, prizes, and.....curling!

We have space for 16 teams!

Registration is by donation with a minimum of \$25/person required. Anything above that will receive a charitable tax receipt.

**REGISTER NOW
@ DRDHFoundation.com/events**

So dust off those brooms, and let's curl for a cause!



Get On Board: Deep River & District Health Foundation Launches New Transportation Campaign to Keep Long-Term Care Residents Connected

The Deep River & District Health Foundation (DRDHF) is proud to celebrate the extraordinary generosity of our community while announcing the launch a new fundraising initiative focused on connection, dignity, and quality of life for residents in the new Four Seasons Lodge Long-Term Care Home.

Over the past several years, the Foundation has been deeply moved by the compassion shown by donors, volunteers, and community partners. This unwavering support has strengthened care across our local health system, helping residents and families receive the services they need to stay closer to home.

Launched in early 2022, the *Closer To Home* campaign became the largest fundraising effort in our community's history. The campaign set out to raise \$2.5 million to supplement Ministry of Long-Term Care funding and help furnish and equip the new 96-bed Four Seasons Lodge. In October of 2025, the community proudly surpassed that goal, and donations continue to come in.

"It has been a remarkable experience seeing the momentum this campaign created," said Christian Kaiser, Chair of the DRDHF Board. "Closer To Home resonated deeply with so many people, and reflected a level of compassion that is both powerful and incredibly motivating."

Building on this success, the Foundation is now turning its focus to a new fundraising priority that responds to evolving community needs and continues the journey of providing the best possible long-term care experience.

"As we watch our new Four Seasons Lodge come to life," said Janna Hotson, Deep River & District Health President and CEO, "our priority is the 96 residents who will call it home. Creating a true sense of home means maintaining strong community connections – and that depends on safe, accessible transportation."

To support this vision, the Foundation is launching a **new campaign** with the **goal of raising \$750,000**. Funds raised will go toward acquiring **a fleet of fully-accessible, wheelchair friendly buses**, along with related equipment, and initial operating costs. These new buses will enable residents of the new Four Seasons Lodge to safely attend appointments, participate in community activities, visit familiar places, and maintain vital social connections.

"We know that social connection is essential to the overall health and well-being of those in long-term care," said Hotson. "Accessible transportation supports the safety and dignity of our residents, while also creating new opportunities to strengthen connections across our broader community in the future."

Fundraising efforts will continue over the coming months, with opportunities for community members to contribute, participate in events, and learn more about the impact of their support. Every gift, no matter the size, helps move this vision forward.

"We have worked hard to keep our loved ones closer to home" said Kaiser, "Now, let's keep them connected to their community."

For more information on the campaign or how to get involved, visit the Deep River & District Health Foundation online at www.drdhfoundation.com or call us at 613-584-3333 ext. 7140



2026 RECOGNIZED HOLIDAYS

The following is a list of holidays recognized at Deep River and District Health in 2026:

Holiday	Premium Day (if Worked)	Day Recognized (if not a normal working day)
New Year's Day 2026	January 1	January 1
Family Day (ONA, NU, Support)	February 16	February 16
Good Friday	April 3	April 3
Easter Monday	April 6	April 6
Victoria Day	May 18	May 18
Canada Day	July 1	July 1
Civic Holiday	August 3	August 3
Labour Day	September 7	September 7
Thanksgiving	October 12	October 12
Remembrance Day (ONA, NU, Support)	November 11	November 11
Christmas Day	December 25	December 25
Boxing Day	December 26	December 28
New Year's Day 2027	January 1	January 1



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.