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MARCH 2026



WE ARE DRDH

Launching our new video series with our Employee Value Proposition (EVP) video, **DRDH: More than a Workplace**



JOIN OUR BOARD OF DIRECTORS

The Board of Directors for Deep River and District Health is inviting new members to join our team

SEEKING APPLICATIONS FOR OUR BOARD OF DIRECTORS

Deep River and District Health is currently seeking community members interested in serving as volunteer **Board Directors** or **Patient/Resident Representatives** on standing committees.

Application deadline: April 15, 2026

+ CEO'S CORNER

CONNECTING WITH OUR DRDH TEAM AND COMMUNITY



As March comes to a close and we begin to see the transition into spring, I want to take a moment to thank everyone for the continued dedication you bring each day to caring for our patients, residents, and one another. This time of year often brings both momentum and change, and across DRDH we are seeing strong progress on a number of important initiatives that will continue to shape how we deliver care now and into the future.

This month marked the launch of our new electronic scheduling system. As with many large-scale implementations, the rollout required adjustments along the way, and I would like to sincerely thank everyone for your patience, flexibility, and willingness to support one another through the transition. This system represents an important step forward in improving access to scheduling information and supporting more efficient staffing processes across our organization.

We also continue to see steady progress in our Emergency Department renovations. This work represents a meaningful enhancement to our care environment and will support improved patient flow and experience. Thank you to our Emergency Department, Diagnostic Imaging, and Registration teams for your ongoing adaptability as workflows continue to evolve during construction.

Your collaboration and commitment to maintaining high-quality care throughout this process has been essential.

Planning for the future of our new Long-Term Care home has also continued to advance. Over the past several weeks, we have had the opportunity to engage with team members, residents, and families through consultation sessions focused on staffing and operational planning. The thoughtful input shared through these discussions will play a critical role in shaping how we design our care model, build our teams, and support a strong and connected culture in our new home.

This month also marked the launch of our Employee Value Proposition (EVP), an important milestone shaped by the input and experiences of our team. The EVP reflects who we are, what we value, and what it means to be part of DRDH. As part of this work, we have also begun a new video series that will highlight the voices and experiences of our team members, bringing to life what it means to be part of the DRDH family. These stories will help strengthen our culture, support recruitment, and celebrate the people who make our organization what it is every day.

As we move further into the spring months, there is a clear sense of momentum across the organization. While this period of growth and change brings new challenges, it also brings opportunity - opportunity to improve how we work, how we support one another, and how we serve our community.

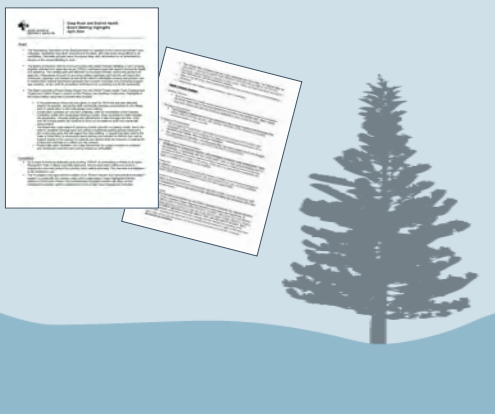
Thank you, as always, for the care, compassion, and dedication you bring each day. It is your commitment to one another and to those we serve that continues to move DRDH forward.

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.



COMMUNITY MEETING AND EVENT SPACE IN OUR PRIMARY CARE BUILDING IS AVAILABLE TO RENT

Deep River and District Health is pleased to offer a flexible meeting space for community groups in the Primary Care Building.

The meeting space includes convenient kitchenette and is fully accessible. The space can be reserved as one large room with a maximum capacity of up to 30 people, or can be divided into two smaller rooms.

The meeting space is equipped with large TV screens and audio equipment to offer virtual connection for

hybrid meetings and interactive presentations. The full kitchenette offers the ability to host small social events.

Reservations are available for two, four, or eight-hour (all day) blocks. Group parking options are also available.

For more information, to ask to view the Rental Agreement or to inquire about availability, please contact assistance@drdh.org

ROOM RENTALS OPEN TO PUBLIC

CONTACT US AT ASSISTANCE@DRDH.ORG FOR INFO



SEEKING APPLICATIONS FOR OUR BOARD OF DIRECTORS

Deep River and District Health (DRDH) is seeking candidates to serve on its Board of Directors and Patient / Resident Representatives to participate in standing committees.

The DRDH Board of Directors is responsible for governance of the multi-sector organization, and guiding its exciting future within the health system. Directors are elected to serve for three-year terms and Patient / Resident Representatives are appointed annually to participate in standing committees.

The Board of Directors typically meets monthly, except for July and August, and all standing committees of the board generally meet quarterly or at the call of the Chair.

Serving as a volunteer on a healthcare board can be an incredibly meaningful and rewarding experience for those eager to make a positive impact on their community. If you are passionate about supporting local healthcare and making a meaningful community impact, we encourage you to apply.

Application deadline: April 15, 2026



JOIN OUR BOARD OF DIRECTORS

The Board of Directors for
Deep River and District Health
is inviting new members
to join our team



GET INVOLVED! JOIN THE BOARD!

For more information, please contact mvaclavinek@drdh.org
or 613-584-3333 ext. 7100. Apply by: April 15, 2026

www.drdh.org



DEEP RIVER &
DISTRICT HEALTH

Deep River & District Hospital —

Four Seasons Lodge Long-Term Care Home —

North Renfrew Family Health Team —

CO-DESIGNING CARE: DEVELOPING THE LTC STAFFING MODEL FOR THE NEW HOME

Earlier in March, a series of engagement sessions were held to support the co-design of the workforce and staffing model for the expanded Long-Term Care Home, scheduled to open in 2027. These sessions brought together team members, residents, patients, family members, and partners to ensure that a wide range of voices and lived experiences inform how care and teams will be structured in the new home.

These conversations focused on identifying not only how many staff will be required, but also the types of roles, qualifications, and supports needed to deliver high-quality, person-centred care in a sustainable and supportive environment. Input from multiple perspectives was foundational to this work, reinforcing the importance of designing a model that reflects the needs of those receiving care, those providing care, and those supporting loved ones within the home.

A strong and consistent theme throughout the discussions was the importance of relationship-based, person-centred care. The concept of neighbourhood style models was highlighted as a way to support continuity, familiarity, and meaningful connections between residents and care teams. Equally important was the emphasis on maintaining a positive and collaborative workplace culture, where team members feel supported, valued, and connected in their work.

Participants also identified the critical role of onboarding, mentorship, and ongoing training in supporting both new and existing team members. Ensuring that staff are well-prepared, confident in their

roles, and aligned with the organization's approach to care was seen as essential to both quality outcomes and team experience.

The outcome of this work is a comprehensive staffing plan that will define the number of staff, the mix of roles, and the qualifications required to support operations in the new home. This represents a key milestone in planning for the future of Long-Term Care at DRDH.

As planning continues, the next phase of work will focus on the development of a recruitment plan to support the staffing model and ensure readiness for opening in 2027.

Thank you to all who contributed to these discussions. The perspectives shared will play a critical role in shaping the future of care within the new Long-Term Care Home.



LGI ELECTRONIC SCHEDULING SYSTEM LAUNCH

IT'S FINALLY HERE!

March marked the launch of the LGI electronic scheduling system at DRDH. The new platform represents an important step toward modernizing scheduling processes and providing team members with improved tools to manage schedules, shift changes, and time tracking.

As with many large system implementations, the launch has required additional testing and adjustments. In the weeks leading up to implementation, the project team worked closely and proactively with the vendor to resolve technical deficiencies, tested and verified system performance, and ensured core functions were operating reliably to reduce unexpected disruptions to system once live.

The new LGI platform provides team members with the ability to view their schedules, submit shift bids, swap shifts, and manage availability through both a mobile app and employee self-service web portal.

The system will also support improved time capture through biometric time clocks and provide easier access to important employment information such as pay stubs and tax documents.

During the transition period, some existing processes have been maintained to allow the project team validate the new system and ensure data is being captured accurately. This phased approach has allowed teams the necessary time to become familiar with the new tool while maintaining stability in day-to-day operations.

The staff's patience, flexibility, and professionalism in this transition has been greatly appreciated. As implementing new technology of this scale takes time collaboration, and the support of everyone across the organization to succeed.

Over time, the LGI system will help streamline scheduling processes, improve transparency and access to scheduling information, and provide better tools to support workforce coordination across the organization.



WE ARE DRDH: LAUNCHING OUR EMPLOYEE VALUE PROPOSITION (EVP)

At DRDH, the work we do each day is made possible by the incredible people behind it. The team's dedication, compassion, and commitment are what truly define the organization and the strong culture that has been built together.

Over the past few years, many helped shape the **Employee Value Proposition (EVP)** by sharing what makes DRDH a meaningful place to work and what makes the community a special place to live. The input helped capture the values, teamwork, and sense of purpose that bring the team together as we care for the patients, residents, and community.

At DRDH, our Employee Value Proposition is both a promise and a reflection of who we are—it is grounded in our values and demonstrates how we support, value and empower our people every day.

“At DRDH, we empower our team to ensure patients and residents feel secure, comfortable, and well-cared for. Every person matters here. We offer a blend of the small-town benefits of a peaceful, safe, family-friendly community surrounded by nature with the progressive, innovative, tech-friendly approach of a modern healthcare campus. We invest in our team and provide you with the opportunity to learn, grow, and thrive professionally.”

To help bring this message to life, the team spent the past year working on DRDH Video Project. These videos feature team members across the organization, highlighting the passion, expertise, and heart that each of them pour into their roles every day.

On March 23, 2026, the organization kicked off the video series by sharing the first EVP video, **DRDH: More Than a Workplace**. Over the coming year and beyond, additional videos and vignettes will be shared - from larger feature stories to quick spotlights on individual team members and the important roles they play across the organization truly capturing the DRDH's spirit.

Stepping in front of the camera was something new for many team members, and the organization is incredibly grateful to those who took part and shared their stories.

The videos are available on DRDH's social media channels, and help us spread the word by liking, commenting, and sharing them within your networks. By doing so, you help showcase the incredible work happening here at DRDH, celebrate the people sharing these stories and inspire others to join the remarkable team. [Watch “DRDH: More Than a Workplace” here.](#)

Together, WE ARE DRDH!





DEEP RIVER &
DISTRICT HEALTH



PIECES IN PRACTICE

Peer-to-Peer Recognition Program

NOMINATE | SHARE | CELEBRATE

The QR code to access the nomination form is located in every department

Let's celebrate the amazing people
who bring our values to life
every day!

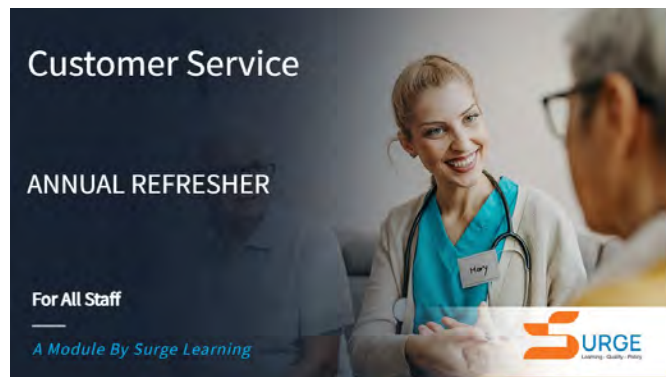


MANDATORY EDUCATION

APRIL 2026

Please see the assigned education for the month of April on Surge Learning. This is due to be completed by **Wednesday, April 29, 2026.**

Topic	Target Staff
Code Grey	All
LTC Act, Regulations & Policies, Inspection Protocols	All
Customer Service-Annual Refresher	All
CLRI – Preventing, Recognizing and Reporting Abuse in Long-Term Care	All
Environmental Cleaning – Module 4 – Standards and Tools for Environmental Cleaning in Health Care	Environmental Service
TASKI jet 38-50- Diversey Vacuum Video	Environmental Service
Ventilation Training (Ventilation 101, Youtube videos, Non-Invasive Positive Pressure Ventilation Policy)	RN
Transfusion Medicine	RN, RPN, Lab
CNO Medication Practice Standard	RN, RPN, NP
Interdepartmental Intra-Cavity Equipment Cleaning and Processing	DI, RN



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

WELCOME!



We are pleased to welcome Jenn to our Diagnostic Imaging Team

CONGRATS!

We are all sending Amy our warm wishes as she begins her maternity leave. Enjoy this special time with your new arrival!



NUTRITION MONTH

Earlier this month, DRDH celebrated Nutrition Month and Dietitian's Day and recognized the important contributions of the Registered Dietitians at Deep River and District Health.

The Dietitians are experts in nutrition and counselling, helping patients and residents understand how food can support better health, manage chronic conditions, and improve overall well-being. Their work supports individuals across the hospital, the North Renfrew Family Health Team, and residents at the Four Seasons Lodge.

Patients of the North Renfrew Family Health Team can book one-on-one appointments with a Dietitian to discuss their nutrition goals and receive personalized guidance. Dietitians also offer free group education sessions throughout the year on a variety of nutrition topics open to the community.

We thank our Dietitians for the expertise, compassion, and passion they bring to our patients and residents every day.



A SPECIAL SHOUT-OUT

A special thank you to **Jessica** for always going above and beyond to make our residents' birthdays memorable. From baking cakes to preparing treats at residents' request, her thoughtful touches bring joy and celebration to each special day. Your care and dedication truly brighten our residents' lives!

- Thank You -



PHARMACY APPRECIATION MONTH



March was **Pharmacy Appreciation Month**, and we were proud to celebrate the incredible pharmacy team at DRDH.

Pharmacy professionals play a vital role in supporting safe, high-quality care in the hospital. From preparing and dispensing medications to collaborating with care teams to ensure medications are used safely and effectively. Their work supports the health and wellbeing of the patients and community every day.

Pictured here are Roxanne and Kristie, whose behind-the-scenes work helps keep the medication systems running smoothly. Thank you to the entire pharmacy team for their expertise, teamwork, and excellence!

SOCIAL WORK WEEK

In March, we also celebrated **Social Work Week** and recognized the incredible contributions of **Michael**, Social Worker at DRDH.

Working across multiple departments, supporting the needs of both the North Renfrew Family Health Team and Medical Inpatient Unit, Michael provides compassionate, person-centered support to individuals and families when they need it most. From one-on-one counselling to helping patients navigate mental health concerns, stress, life changing transitions, and other personal challenges, Michael's work is an essential part of the care of our health campus.

Michael's empathy, professionalism, and steady presence strengthen not only the wellbeing of individual patients but the health of the community as a whole. Thank you, Michael, for the care and dedication you bring to DRDH every day!



LUNG HEALTH PROGRAM BRINGS CARE CLOSER TO HOME

Deep River and District Health is pleased to partner with ConnectWell to offer the **Lung Health Program** locally, bringing specialized respiratory care closer to home for residents in the community.

This program supports individuals living with chronic lung conditions such as COPD, asthma, and pulmonary fibrosis. Patients are seen by a Registered Respiratory Therapist and or Certified Respiratory Educator who work with each individual to better understand their symptoms and develop a personalized plan to support their lung health.

Services offered through the program include:

- Comprehensive assessment of lung health
- Spirometry testing (a breathing test that measures lung function)
- Education on managing chronic lung disease
- Development of a personalized, client-centered action plan
- Follow-up care to support ongoing symptom management

The program also connects patients with a Chronic Disease Rehabilitation Program designed for people living with cardiac or chronic lung disease. Offered in partnership with the University of Ottawa Heart Institute, this program combines exercise, education, and support to help participants improve their strength, manage symptoms, and maintain independence in daily life.

By offering this service locally at DRDH, patients can access specialized respiratory care and follow-up support without needing to travel outside the region.

Referrals

Patients can access the program in several ways:

- Ask your healthcare provider to submit a referral



SOCIAL COMMITTEE NEWS

INTERESTED IN JOINING THE SOCIAL COMMITTEE?

OR SHARING IDEAS FOR FUTURE EVENTS PLEASE REACH OUT TO AMBER.COX@DRDH.ORG



MEDICAL RESIDENT EDUCATION & TEACHING SESSION



Medical residents from across the Renfrew County visited Deep River for yet another teaching and education session. The visiting medical students joined, Dr. Quenneville, on a snowy afternoon for a **lunch and learn**, combining important medical education with a meal in celebration of the Persian New Year.

These sessions are held quarterly in Deep River, providing an opportunity to welcome medical residents to the community, support their ongoing education, and strengthen connections between learners and local healthcare providers. DRDH is looking forward to continuing these sessions throughout the year.

RURAL ONTARIO MEDICAL PROGRAM (ROMP)

Dr. Ben Amor, Chief of Staff at DRDH, recently spent three days in Collingwood participating in the **BASECamp** course offered by the Rural Ontario Medical Program (ROMP). Alongside a small group of rural physicians from communities across the province, Dr. Ben Amor completed an in-depth, simulation-based review of emergency medicine practices and rural competencies.

The three-day program is designed for early-career physicians, internationally trained doctors, and experienced practitioners looking to refine their skills in a supportive, high-performance environment. Dr. Ben Amor focused on rural-focused topics such as airway management, musculoskeletal care, and crisis management, practicing techniques with the simulator as part of hands-on learning led by experienced Rural Preceptors. The course is rooted in real-world primary care and takes place in rural hospital settings, making every exercise practical and directly applicable to the communities where participants live and work.



Dr Ben Amor - ROMP BASECamp, Airway Management Skills



After a day of back-to-back meetings and juggling tasks, you leave work feeling completely drained, yet to everyone else, you look perfectly composed. For many neurodivergent individuals that hidden exhaustion comes from masking—the constant effort to appear “neurotypical” at work. While it may help you fit in or avoid judgment, this kind of masking takes a heavy toll, draining energy, and fueling burnout. This article looks at why masking is so exhausting, what's happening in the brain in this state, and how recognizing overwhelm as feedback can help you protect your mental well-being.



What is Masking?

Masking means suppressing or compensating for neurodiverse traits to meet the social and professional expectations of a neurotypical world. It's the quiet effort to stay regulated on the outside even when your attention and energy feel scattered. At work, masking might look like:

- Nodding along in meetings while your mind races ahead or drifts away
- Tapping your foot under the desk
- Self-critiques
- Taking on extra work just to prove you're capable, often at the expense of rest

On paper, this can look like diligence and competence. In reality, it's often exhaustion disguised as control. Neurodivergent folks may spend so much mental energy managing how they come across or trying to meet workplace expectations that it can reduce the energy available for work tasks. Over time, this kind of constant self-correction chips away at both energy and confidence. Masking is often mistaken for learned professionalism, but it's really a survival strategy. Many people learn it early in life as a way to avoid criticism or rejection. In workplaces where productivity and precision are valued above flexibility and creativity, masking can feel like the only way to belong.

Masking vs Managing?

Some forms of masking can be helpful rather than harmful. Many people develop practical coping strategies that support focus and daily functioning, not to hide who they are but to keep their lives running smoothly. These adaptive habits can make it easier to manage symptoms and stay organized. These habits may include practicing active listening during conversations and meetings, using reminders to stay on track, writing things down as they come to mind, or keeping a tidy workspace to reduce distractions. While these skills often grow out of trying to manage or soften neurodiverse traits, they can become healthy tools that genuinely support well-being.

Getting Support

If you find yourself constantly masking or feeling depleted, it may be time to reach out. Your organization's Employee and Family Assistance Program (EFAP) can provide confidential counselling and practical strategies for managing ADHD at work. Getting support can help you create conditions where you can thrive.

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

Spring is (*apparently*) here, and our DRDH E-Store is celebrating with **new items** and a **Spring Sale!**

Thanks to your feedback from our latest survey, the top three most requested new items have been added to the E-Store – **softshell jackets, baseball caps, and tote bags!** In addition to checking out the new items, you can also enjoy **15% off drinkware, toques, and scrub tops** between **March 20 - April 20.**



DEEP RIVER &
DISTRICT HEALTH

NEW E-STORE ITEMS ADDED

SOFTSHELL JACKET, BASEBALL
CAP, TOTE BAG

SPRING SALE:

Enjoy 15% off drinkware, toques, and
scrub tops from March 20 to April 20.

drdhstore.org

CHECK EMAIL FOR STORE PASSWORD

FOUR SEASONS LODGE CONSTRUCTION PROGRESS



Construction at the new Four Seasons Lodge continues to progress steadily. Exterior work including cladding and window installation is underway, while interior work such as framing, stairwells, and mechanical systems continues throughout the building. The project remains on track toward the planned opening in 2027.



Window installation continues, with large window frames now being installed at the front entrance.

Framing and overhead doors have been installed in the loading dock area as construction progresses.

Interior framing continues on the second floor as the building layout takes shape.



EMERGENCY DEPARTMENT MODERNIZATION

EMERGENCY DEPARTMENT

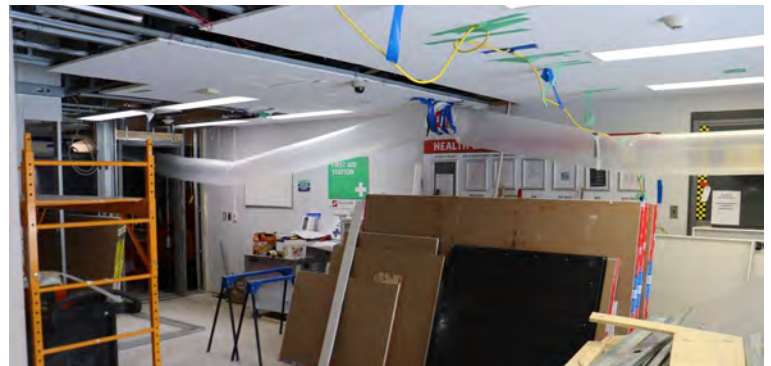


Phase one of the Emergency Department Modernization renovations are underway, encompassing re-design of the registration desk, expansion of the waiting room and flooring replacement for the waiting room and hallways.

During construction to maintain operations, the Emergency Department registration desk is temporarily located at the Diagnostic Imaging desk down the hall with signage in place to manage the flow.

These updates will help create a comfortable, safe and streamlined environment, ensuring high-quality, patient-centered care .

CAFETERIA



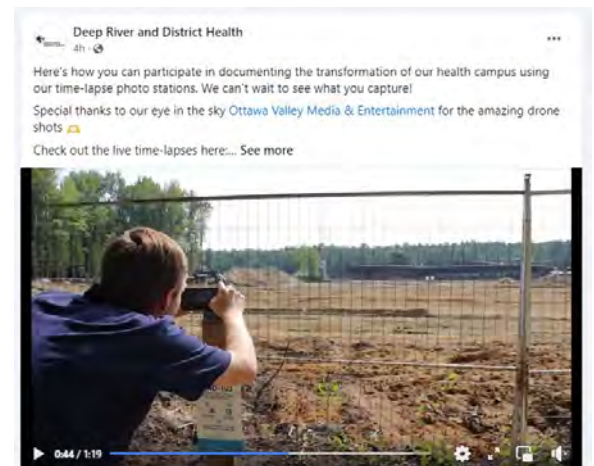
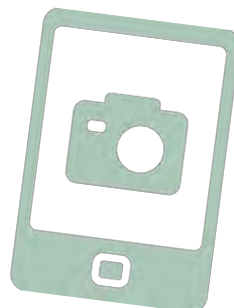
Improvements to the cafeteria are in progress as part of ongoing upgrades across the DRDH campus. We appreciate everyone's patience during construction.

TIME-LAPSE PHOTO STATIONS

Don't forget to participate in the time-lapse photo stations and help document the transformation of our health campus as construction progresses on the new Four Seasons Lodge Long-Term Care Home! Click on the image here to watch a short video on how to use the time-lapse stations:

By taking just a moment to participate, you'll be helping create a unique visual history of these important milestones.

We encourage everyone to join in and be part of this exciting project. We can't wait to see what you capture!



FOUR SEASONS LODGE NEWS

Travel and Taste



Residents enjoyed a festive **Travel & Taste** evening as the Four Seasons Lodge residents took a trip to Mexico for a lively Mexican Fiesta on March 25. The dining room was transformed with colourful decorations created by the residents and the Recreation team, bringing the spirit of Mexico right into the Lodge.

Our Dietary Team member, Ofelia was excited to share her Mexican heritage with residents, preparing a variety of authentic Mexican dishes for everyone to enjoy. Adding to the fun, residents and Recreation staff worked together to create a pineapple piñata filled with Mexican candy, making the celebration both delicious and interactive.

The evening was filled with great food, creativity, and laughter — another wonderful opportunity for residents to explore new cultures together through Travel & Taste.

RESIDENTS' COUNCIL CORNER



At the most recent Resident Council meeting, residents shared thoughtful suggestions to make the Four Seasons Lodge feel more welcoming and comfortable. Plans for the outdoor sunroom were discussed, with residents requesting a fresh coat of paint to brighten the space and make it more inviting, particularly as warmer weather approaches. Residents also offered ideas for enhancing the tub room, suggesting soothing colors and calming music to create a more spa-like environment and improve the overall experience during bathing.

The Council also received updates on the new Long-Term Care Home, which remains on track to open in mid-2027. Construction is progressing steadily, with the interior now fully framed, heating installed, and plumbing in place. Residents expressed excitement about future opportunities to provide input on materials, design finishes, and furniture, and even

looked forward to naming the different neighbourhoods within the new home. It was shared that residents will be invited to review materials gathered from a visit to a furniture showroom in Toronto to ensure their preferences are reflected in the final design.

Council members were also introduced to the new staff name tags. Feedback was overwhelmingly positive, with residents noting that the larger, clearer font makes it much easier to identify staff by name, while still providing reassurance about their roles. This change will help residents feel more confident and connected with the staff supporting them daily.

The meeting highlighted how Resident input continues to shape the environment, amenities, and overall experience in their home, reinforcing the importance of ongoing engagement and collaboration in creating a supportive and comfortable space.



FOUR SEASONS LODGE NEWS

Spring is Around the Corner!



Residents at Four Seasons Lodge enjoyed several creative and social activities in March.

During *Taste of Home*, residents made rice crispy treats together, sharing memories while enjoying a homemade snack. In *Crafts with Robin*, participants created colourful Easter-themed ornaments to welcome the spring season.

Residents also celebrated St. Patrick's Day and enjoyed live music from Bob and John as well as the Monday Niters Band.



FOOD AND RECREATION COMMITTEE



The Food and Recreation Committee continues to play an important role in shaping the dining and recreation experiences for residents at Four Seasons Lodge.

At the recent meeting, the group reviewed questions from the annual satisfaction survey related to food and recreation. Gail, Resident Council President, kindly gathered feedback from fellow residents and family members to help inform the discussion. Overall, feedback was very positive. Residents noted the many recent improvements to programming, including newer activities such as Travel and Taste and Art for Beginners. It was also shared that evening programming is not currently a priority for many residents, and responses indicating "not applicable" may have influenced some survey results. In terms of dining, residents expressed that they are enjoying the menu options and appreciate that feedback shared with the kitchen team is listened to and acted upon.

Work is also underway to review the recreation program domains. Robin is currently collaborating with Recreation Therapy student Lise to update these areas, and the revised domains will be shared with

residents for feedback at an upcoming meeting.

Looking ahead, the spring menu will roll out at the end of April. Residents discussed ideas for warmer weather dining, including cold plates featuring a variety of salads and more outdoor BBQ meals to enjoy on the patio. One suggestion included BBQ hot dogs served with a toppings bar featuring options such as fried onions, cheese sauce, bacon, and other favourites. Residents are also looking forward to the return of the annual fish fry with pickerel and homemade fries.

Plans are also underway for upcoming celebrations, including an Easter Brunch in early April featuring eggs benedict, bacon, home fries, and fruit salad.

The Committee also discussed future community engagement opportunities, including continued pet therapy visits with Moose, live music, and the possibility of inviting local groups to visit. One exciting idea being explored is a "Touch a Truck" event where emergency services and military vehicles could visit the Lodge for residents to see up close.

RUN FOR HOME—REGISTRATION IS NOW OPEN:

drdhfoundation.com/RFHRegistration

Run For Home is back again for the fourth year running.....or walking. This year, participants can once again choose from 2K, 5K, 10K or half marathon distances. In addition, a new short and paved route is being introduced this year so that long-term care residents and individuals with various mobility abilities can join in the experience.

This year the Foundation partnered with *Runners Life* in Peterborough to bring digital race tracking to *Run For Home*. What does that mean for participants? Each participant will receive a GPS-enabled ankle bracelet to track their progress along the marked trails which will automatically time their race as they cross the start/finish line.

For seasoned runners, this means accurate race timing and the opportunity to compete for top spots in each distance category. For all, it adds an extra layer of safety - allowing organizers to monitor the course, ensure participants stay on track, and quickly respond to anyone in need of assistance.

Help Us Raise Money For Get On Board: Connecting Community!

The proceeds of this event will support the Foundation's newest fundraising campaign [Get on Board – Connecting Community](#).

Register Before May 29th, 2026 to Guarantee Your Race T-Shirt!

The event will take place at the Deep River Legion, where participants can relax on the new patio, kids can enjoy activities in the Kidz Zone, and everyone can take part in food, refreshments, and fun!

The Foundation is seeking volunteers to help with this event so please reach out at foundation@drdh.org if you are interested.

A graphic for the Run For Home event. It features the date "06.27.26" in black, bold, sans-serif font at the top. Below it, the words "RUN FOR HOME" are written in a large, yellow, bold, sans-serif font with a black outline, slanted upwards. The background is a light grey image of a forest with tall evergreen trees and a sunburst effect behind the date.

06.27.26
RUN FOR HOME



2KM . 5KM . 10KM . HALF



Members of the Petawawa Royal Canadian Legion, Branch 517, recently presented a cheque for \$7,300 to the DRDH Foundation to support the purchase of a new IV pump. This generous contribution will directly benefit patient care in the community.

The Legion, Branch 517, hosts a variety of events throughout a year, including their weekly soup and sandwich lunches every Wednesday. The Foundation encourages community members to visit Branch 517 and experience their hospitality in support of local initiatives. Thank you to the Legion for their ongoing dedication to healthcare in our region!

4th ANNUAL DRDH FOUNDATION BREAKFAST & BONSPIEL



On Saturday, March 7, the DRDH Foundation hosted its 4th annual *Breakfast & Bonspiel*. This year 16 teams, including young curlers and team from Montreal, participated in this event. The day began with a delicious pancake breakfast prepared by DRDH’s amazing dietary team and volunteers hosted at the Deep River Legion and after the enthusiastic curlers and their supporting Fan-base moved to Deep River Curling and Squash Club to showcase their competitive spirits. This year “The Rock” plaque was introduced to honor the winning team - comprised of Richard and Colleen Bérubé and Pat and Mona Primeau. Local band the *Laurentian Hillbillies* kept everyone entertained throughout the day.

Thanks to the generous sponsors, volunteers, and the Deep River Curling & Squash Club, the event raised over \$10,000 for the [Get On Board - Connecting Community](#) campaign, bringing the community closer to providing accessible transportation and offering the residents of the Four Seasons Lodge social engagement outside of their home.

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 Connor at cbunn@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.*