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APRIL 2026



PIECES IN PRACTICE

We are excited to share the inaugural recipients of our *Pieces in Practice* peer-to-peer recognition program. This first round of nominations really highlights what makes DRDH such a special place.



FOUR SEASONS LODGE CONSTRUCTION UPDATE

The Deep River & District Health Team recently toured the interior of the new Four Seasons Lodge. This walkthrough offered an updated look inside as interior framing nears completion and key spaces take shape.

CEO'S CORNER

CONNECTING WITH OUR DRDH TEAM AND COMMUNITY



As April comes to a close and we begin to see the signs of spring more fully take hold across our community, I want to take a moment to reflect on the many contributions that continue to make DRDH such a special place. Building on the momentum of the past several months, it is clear that the strength of our organization lies not only in the work we do, but in the people who come together each day to support it.

This month, I would like to take a moment to recognize and sincerely thank the many volunteers who contribute their time, energy, and passion to DRDH.

From our Auxiliary volunteers who support the Whistle Stop and Gift Shop, to the individuals who spend time with our patients and residents, these contributions have a meaningful and lasting impact. Volunteers play a critical role in enhancing the experience of care, supporting our teams, and creating a welcoming and connected environment across our Health Campus.

Their generosity and commitment reflect the very best of our community, and we are incredibly grateful for all that they do. Thank you also to Amber, our Volunteer Coordinator, for all the work she does in matching volunteers with activities that are meaningful for both them and the organization, and for her care and the many hours she herself volunteers for the betterment and care of DRDH residents, patients (and our team!)

I would also like to extend my appreciation to our volunteer Board of Directors. Their willingness to lend their time, knowledge, and expertise to guide the organization is essential to our continued success.

Through their governance, oversight, and strategic direction, they help ensure that

DRDH remains responsive to the needs of our community today, while positioning us strongly for the future. Their dedication to DRDH is evident in the care they bring to all our discussions, as is their care for our patients, residents, team and the community. Thank you to all of our Board of Directors for your leadership and guidance.

As the snow has continued to melt, we continue to see visible progress on our Long-Term Care development. As construction advances, the addition of exterior siding is beginning to transform the look of the building, bringing the vision of the new home to life in a very tangible way. Alongside this progress, significant operational planning continues. Over the past month, teams have been actively engaged in reviewing and viewing furniture, fixture and equipment options that will help shape the living and working environments within the new home. Importantly, this work will continue to include input from both team members and residents, ensuring that the space reflects comfort, function, and the needs of those who will call it home.

Beyond our campus, our teams have continued to engage and represent DRDH in a variety of important ways. This has included participation in physician fairs for medical recruitment, ongoing involvement in Long-Term Care planning discussions, and participation in Indigenous Health Awareness training. These opportunities not only support recruitment and knowledge building, but also strengthen our ability to lead meaningful change, build partnerships, and ensure that the care we provide is inclusive, informed, and responsive to the communities we serve.

As we reflect on the past month, there is a clear and consistent theme- the strength of DRDH is rooted in people. Whether through volunteering, governance, direct care, or community engagement, it is the collective contributions of many that continue to move us forward.

Thank you, as always, for the care, compassion, and commitment you bring each day. It is through this shared dedication that we continue to build on our successes, support one another, and deliver on our mission to serve our community.

Sincerely,

Janna Hotson
President and Chief Executive Officer

BOARD HIGHLIGHTS

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



PIECES IN PRACTICE

Earlier this year, DRDH introduced refreshed **Standards of Behaviour**, outlining our shared commitment to how we show up for one another, for patients and residents, and for our community. These standards reflect our culture and reinforce what it means to live our PIECES values each day: **Partnering, Innovation, Excellence, Caring, Ethics & Integrity, and Safety.**

Building on this foundation, DRDH launched a new peer-to-peer recognition program, **Pieces in Practice**, designed to celebrate everyday moments where our values are demonstrated across the organization in meaningful ways.

As voted on by peers, the program name reflects its purpose: recognizing PIECES values in action. Pieces in Practice extends recognition beyond annual awards, creating ongoing opportunities throughout the year to

highlight colleagues who go above and beyond.

Team members can nominate a colleague at any time who exemplifies one of our six organizational values. Each quarter, six recipients are selected, one for each value. Recognized individuals receive a custom pin reflecting the value for which they were nominated, and all nominees are considered for the annual Essential Pieces Award.

We are proud to share the inaugural winners of the Pieces in Practice awards, recognizing those first recipients who have demonstrated our values in exceptional ways.

[Nominations are now open for the second round!](#)

Team members are encouraged to continue recognizing colleagues who make a difference every day by living our values in their work and supporting patients, residents, and one another.



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!



PARTNERING: RUBY - Environmental Services



Ruby was nominated for the genuine care and support she brings to her work every day. She is always willing to step in and lend a hand, often going above and beyond to support both her colleagues and the broader team. Her positive attitude and strong work ethic do not go unnoticed - she takes pride in what she does and consistently contributes to a welcoming and supportive environment. Ruby's kindness and reliability make a meaningful difference in the day-to-day experience of those around her, reflecting the true spirit of *Partnering*.

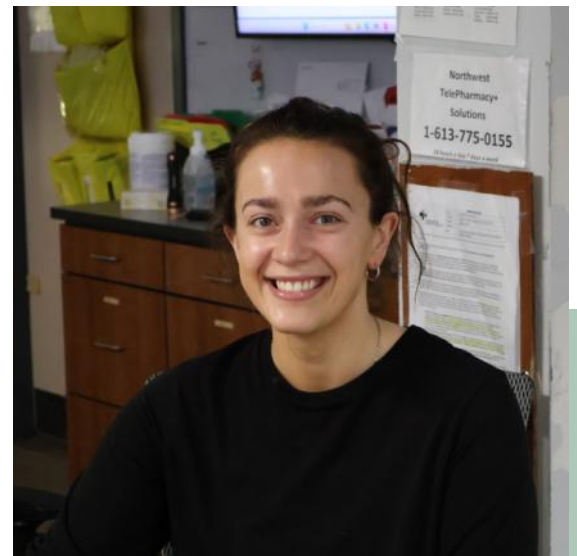


INNOVATION: Our Registered Dietitian

Nominated for both her innovative thinking and her strong commitment to teamwork. She identified an opportunity to improve care for residents with swallowing challenges by introducing a new thickening product that enhances consistency, supports resident safety, and improves efficiency for staff. Beyond this, our Registered Dietitian has demonstrated incredible adaptability - stepping into additional roles across both acute care and long-term care during times of change and reduced staffing. She quickly learned new systems, collaborated closely with colleagues and regional partners, and ensured continuity of high-quality care for patients and residents. Her initiative, flexibility, and team-first mindset are a strong reflection of Innovation in action.

EXCELLENCE: GILLIAN - Registered Nurse

Gillian was nominated for her outstanding clinical expertise and her ability to lead with confidence and compassion in high-pressure situations. During a critical pediatric emergency, she responded immediately with strong clinical judgment, quickly assessing the situation and initiating the interventions needed to stabilize the patient. At the same time, she ensured the patient's family felt informed, supported, and reassured throughout the experience. Beyond this single event, Gillian consistently demonstrates excellence in her practice - advocating for patients, supporting her colleagues, and contributing to a high standard of care even in busy and demanding environments. Her professionalism, composure, and commitment to patient-centered care make her an exceptional example of *Excellence* in action.



PIECES IN PRACTICE



CARING: KYLE - RPN

Kyle was nominated for the compassionate and respectful care he provides to every patient or resident he encounters. Patients consistently speak highly of his kindness, attentiveness, and ability to make them feel comfortable and supported - some even noting that he brings humour and lightness into their care experience. In addition to the care he provides to patients, Kyle contributes to a positive and inclusive work environment for his colleagues, always willing to help and support those around him. His approach reflects a genuine commitment to *Caring*, both in patient interactions and within the team.

INTEGRITY: BIANCA- SONOGRAPHER

Bianca was nominated for the way she leads with integrity, particularly in challenging and uncertain situations. When faced with a complex care scenario, she remained grounded in what mattered most: ensuring the patient's comfort, dignity, and well-being. Even when the path forward was not immediately clear, her decisions were guided by a strong sense of doing what was right for the patient. She approached the situation with professionalism and compassion, demonstrating thoughtful clinical judgment while never losing sight of the person at the center of care. While Bianca reflects many of our values, this recognition speaks especially to her *Integrity* - her unwavering commitment to doing the right thing, even when it is difficult.



SAFETY: MICHAEL - SOCIAL WORKER

Michael was nominated for his ability to navigate complex situations through collaboration, thoughtful communication, and a strong focus on safety. He consistently works in partnership with patients, families, and care teams to ensure needs are understood and addressed in a respectful and effective way. In one particularly high-risk situation, Michael acted quickly and calmly to implement a safety plan for a patient at immediate risk in the community. He engaged family supports, ensured follow-through, and had additional safeguards in place to confirm the patient's safety. His ability to remain composed, coordinate across partners, and follow through on care plans reflects both exceptional partnering and a deep commitment to *Safety*.



FOUR SEASONS LODGE CONSTRUCTION UPDATE

Members of the Deep River and District Health Team recently had the opportunity to tour the interior of the new Four Seasons Lodge Long-Term Care Home, currently under construction. While progress has been visible from the exterior, this walkthrough provided an updated look inside as framing nears completion and key spaces begin to take shape. The tour allowed team members to walk through future resident rooms, communal areas, kitchen spaces, and support areas, helping bring early plans to life. Experiencing the layout firsthand supports a better understanding of how the building will function day to day, including workflow, accessibility, and how care will be delivered within the space.

At this stage of construction, walkthroughs are an important opportunity to identify practical considerations, confirm design elements, and begin planning for equipment placement, furnishings, and operational needs. It also allows teams to envision how residents, families, and team members will move through and experience the home. It was an exciting milestone as the new Four Seasons Lodge continues to take shape, bringing us one step closer to welcoming residents into a modern, thoughtfully designed environment.



President & CEO Janna Hotson and Executive Vice-President & CFO William Willard reading interior blueprints.



President & CEO Janna Hotson and Board Vice Chair Christian Kaiser inspecting exterior progress.



The DRDH Team walking through a resident wing with completed interior framing.



The DRDH Team standing in front of the main entrance to the new Four Seasons Lodge LTC Home.

FOUR SEASONS LODGE CAREERS

STAY IN THE KNOW

Sign up for our Career Alerts



DEEP RIVER &
DISTRICT HEALTH





DEEP RIVER &
DISTRICT HEALTH

PREDIABETES EDUCATION CLASS



Thursday, May 14th 2026
1:00 - 2:30pm
Primary Care Building
117 Banting Drive,
Deep River, ON

Our 90 minute session will
include the following:



Prediabetes, insulin
resistance, and diabetes
risk factors explained



The best food choices,
portions, and timing to
keep blood sugars and
energy stable throughout
the day



What type and how much
activity to include
throughout the week

**Presented by a Registered Dietitian
with the Diabetes Program at DRDH**

Did you know that diet
and lifestyle change can
reduce the risk of Type 2
Diabetes by 60%?

People with Prediabetes can
attend this class to learn what
can be done to reduce the risk
of Type 2 Diabetes.

OPEN TO ALL ADULTS IN THE COMMUNITY
THIS CLASS IS FREE BUT SPACE IS LIMITED

**TO REGISTER OR FOR
MORE INFORMATION:**

**Call our Reception Desk at:
613-584-3333 ext. 0**

GREEN SHIRT DAY

In April, we recognized Green Shirt Day and wore green to raise awareness about the importance of organ and tissue donation. Thank you to our team and community partners, including Deep River Police Service, Deep River Fire Department, the Town of Deep River, and the County of Renfrew Paramedic Service, for supporting this important cause.

Green Shirt Day was inspired by Logan Boulet, whose decision to be an organ donor sparked a national movement and continues to encourage Canadians to register. Learn more or register at www.beadonor.ca



CODE WHITE TRAINING EXERCISE

Deep River and District Health recently partnered with the Deep River Police Service to complete a mock **Code White (violent incident)** training exercise. This joint drill allowed team members and police to work together in a simulated scenario, strengthening communication, coordination, and response practices.

The exercise focused on reinforcing safety protocols, sharing practical tips, and reviewing procedures to support a consistent response to potential incidents. We value our ongoing partnership with the Deep River Police Service and their support in helping maintain a safe environment for our patients, residents, and team members.





DEEP RIVER &
DISTRICT HEALTH

ACCREDITATION 2027

APRIL 2026 UPDATE



★ Let's showcase the
exceptional care we provide!

Meet Your Accreditation Team

Accreditation Lead:
Meagen Boisvenue

Accreditation Support:
Melissa Gauthier

What's Coming Up in May?

Accreditation working groups will begin to review Accreditation standards and identify actions for the organization to prepare for our attestation in August and on-site survey in February!

What is Accreditation?

Accreditation is a process of assessing our organization's practices against standards of excellence to identify what is being done well and what needs to be improved.



ACCREDITATION
CANADA

MANDATORY EDUCATION

MARCH 2026

Please see the assigned education for the month of March on Surge Learning. This is due to be completed by **Wednesday, May 27, 2026**. Please contact Rebekah if you are having any issues accessing the education.

Topic	Target Staff
Customer Service-Person Centered Care	All
Disclosure Done Well	All
Disclosure Policy	All
Suicide Risk Screening and Suicide Prevention-LTC	All
LTC Fall Prevention and Management Program	All
LTC Fall Prevention and Management Program-Appendixes	RN, RPN
Stericycle Procedures	RN, RPN
LUCAS – Demonstration and Tutorial	RN, RPN
Informed Consent and Capacity	RN, RPN, AOC
Restorative Care	RN, RPN, PSW
CLRI – The Food Services Team and the Resident Dining Experience	RPN, PSW, Dietary, Rec
2025 ThickenUp Clear Single Serve with water IDDSI Level 2 - 4	RN, RPN, PSW, Dietary
2025 ThickenUp Clear Single Serve with ONS, coffee, tea	RN, RPN, PSW, Dietary
2019 ThickenUp Clear Bulk Mixing - water, juice, ONS, carbonated beverages	Dietary
Public Health Ontario – Environmental Cleaning – Module 5 – Principles and Techniques for Environmental Cleaning in Health Care	Environmental Service
Ladder Safety Fast Fact	IT & Maintenance

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

+ TEAM HAPPENINGS

NEW HIRES



Andrea



Josh

WELCOME!

This month, we are pleased to welcome two new members to our team.



NATIONAL VOLUNTEER APPRECIATION WEEK



During National Volunteer Appreciation Week, Deep River & District Health took the opportunity to recognize and thank our dedicated volunteers for the important role they play in supporting our patients, residents, and community.

Our volunteers contribute in many meaningful ways, from providing friendly support and assistance to patients, to enhancing activities within our Long-Term Care Home, to participating on hospital committees that help shape the future of DRDH. Volunteers also support the Whistle Stop DRDH Auxiliary and our Gift Shop, helping create a welcoming and positive experience for everyone who visits our organization.

We are deeply grateful for the time, care, and commitment our volunteers bring to DRDH and for the lasting impact they make every day.

We continue to welcome new volunteers who are interested in making a difference in their community. To learn more about getting involved, please visit: <https://www.drdh.org/join-our-team/volunteer-programs/>

ADMINISTRATIVE PROFESSIONALS DAY

On Administrative Professionals Day, Deep River and District Health took the opportunity to recognize and celebrate the essential contributions of our administrative professionals across the organization.

Our administrative team plays a key role in supporting daily operations and ensuring coordination across all areas of DRDH. Their work helps keep systems running smoothly and supports both team members and the broader organization in delivering care and services to our community.

Pictured representing our administrative team are Michaela, Melissa, and Melissa. We extend our sincere thanks to them, as well as to all administrative professionals across DRDH, for their dedication, professionalism, and ongoing support.



NATIONAL MEDICAL LABORATORY PROFESSIONALS WEEK

During National Medical Laboratory Professionals Week, Deep River and District Health recognized the essential contributions of our laboratory team, part of the Eastern Ontario Regional Laboratory Association network.

Our laboratory professionals play a vital behind-the-scenes role in healthcare, providing accurate and timely test results that support diagnosis, treatment, and medical decision-making across inpatient, outpatient, and emergency care settings. Their work is critical in helping guide care decisions every day, often behind the scenes but always essential to patient outcomes.

We extend our sincere thanks to these dedicated professionals for their expertise, precision, and commitment to patient care. Their work is fundamental to keeping our community healthy.



FAREWELL LUNCH

Local physicians recently hosted a farewell lunch for two medical students as they prepared to head off to their next elective placements. The gathering was an opportunity to connect, reflect on their time in Deep River, and wish them well as they continue their medical training in new settings.

Pictured are Dr. Caitlin Armer, Dr. Hanene Ben Amor, Hassait, Ali, Dr. Pete Ceponis, and Dr. Doniya Quenneville.

We extend our sincere best wishes to the students as they move forward in their education and gain new clinical experiences. We thank them for their time with Deep River and District Health and the contributions they made while learning alongside our teams. We hope to welcome them back in the future as they continue their professional journey.



RURAL AND REMOTE MEDICINE CONFERENCE

As representatives of Deep River and District Health and the Ottawa Valley Ontario Health Team, Amber and Dr. Doniya Quenneville attended the 33rd Annual Rural and Remote Medicine Conference hosted by the Society of Rural Physicians of Canada in Quebec City from April 16 to 18, 2026.

The conference provided an opportunity to connect with healthcare professionals from across the country, share insights, and highlight the unique opportunities available within our region. DRDH was proud to showcase the benefits of living and working in the Ottawa Valley and to engage with those interested in rural medicine.





When life feels heavy, many of us respond by being harder on ourselves. We push through exhaustion, dismiss our feelings, or tell ourselves to “do better” instead of slowing down. While this approach might feel right in the moment, it often comes at a cost to our mental health. By contrast, when we see a colleague who looks overwhelmed or exhausted, our instinct is usually to respond with understanding. We offer patience, encouragement, or a simple “That sounds like a lot.” Yet when we’re the ones struggling, many of us take a very different approach. This gap between how we treat others and how we treat ourselves is where self-compassion comes in. Self-compassion offers a different way forward. It involves responding to challenges with the same understanding, patience, and care we’d naturally extend to someone else who is going through a hard time. Research shows that self-compassion is linked to lower stress, reduced anxiety and depression, greater emotional resilience, and improved overall well-being. Self-compassion can be learned and strengthened with practice, like any other skill. In this article, we explore what self-compassion really means, why it matters for mental health, and practical steps you can take to bring more of it into your daily life.

What is Self-Compassion?

At its core, self-compassion means treating yourself with kindness when things are difficult, rather than responding with harsh self-criticism or avoidance. Psychologist Dr. Kristin Neff, a leading researcher in this area, describes self-compassion as having three key components:

- Self-kindness – responding to yourself with care and understanding instead of judgment
- Common humanity – recognizing that struggle, mistakes, and setbacks are part of being human
- Mindful awareness – noticing difficult thoughts and emotions without suppressing or exaggerating them

Together, these elements create a more balanced and supportive inner response to stress. Instead of asking, “What’s wrong with me?” self-compassion shifts the question to, “What do I need right now?”

Self-Compassion at Work

Workplaces can be a common source of pressure, comparison, and self-judgment. Deadlines, performance expectations, and constant feedback can make it easy to be hard on yourself, especially during busy or uncertain periods. Practicing self-compassion at work may involve:

- Letting go of perfection when it’s not realistic
- Recognizing effort, not just outcomes
- Asking questions instead of assuming failure
- Give yourself permission to use wellness or personal days

These practices support emotional balance and reduce burnout. With self-compassion, people can show up to work with more clarity, resilience, and energy in a way that lasts.

Reaching Out for Support

Self-compassion can also mean recognizing when extra support might help. Speaking with a mental health professional can offer a safe, supportive space to explore stress, self-criticism, and ways of coping that feel more manageable. Through your Employee and Family Assistance Program (EFAP), confidential support is available 24/7 for you and your family, offering practical strategies to help strengthen emotional well-being and manage stress.



+ FOUR SEASONS LODGE NEWS

Happy Easter



Residents at Four Seasons Lodge enjoyed a lovely Easter celebration this month, featuring festive decorations, spring flowers, a special holiday meal, and a variety of sweet desserts.

The celebration provided a wonderful opportunity for residents to gather, share a meal together, and welcome the season in a warm and cheerful atmosphere. Thank you to our team for helping create a meaningful and joyful experience for residents.

+ RESIDENTS' COUNCIL CORNER



At the most recent Resident Council meeting, members reviewed and approved updates to the Council By-Laws. The revisions reflect current legislative requirements and reaffirm the Council's important role in providing input on programs and services that impact residents. It was also noted that a review of a potential joint resident and family council will take place annually. Updated by-laws will be available for residents to reference as needed.

The Council confirmed Gail will continue in her role as Resident Council President, as well as representative at key meetings such as Continuous Quality Improvement and planning discussions. Her ongoing leadership and involvement continue to support strong communication between residents and the organization.

Melissa Gauthier, Administrative Assistant, will begin

supporting the Council starting May 1, assisting with meeting coordination, communication, and documentation. This change will help ensure smooth operations while maintaining the Council's independence and resident-led approach.

Residents also shared several suggestions to enhance daily life at the Lodge. These included adding more variety to bingo prizes, purchasing an Eastern Ontario bird book, and making improvements to outdoor spaces such as the water fountain and bird feeding areas. With spring approaching, residents are also looking forward to gardening, with plans to plant vegetables, flowers, and bulbs for the seasons ahead.

These discussions reflect the ongoing engagement of residents in shaping their environment and experiences at Four Seasons Lodge.

FOUR SEASONS LODGE NEWS

Live Music in the Lodge



SPRING BAZAAR

*Hosted by the Residents of
The Four Seasons Lodge*

**Friday, May 8, 2026
2:00pm - 4:00pm**



Residents at Four Seasons Lodge have been busy preparing for the upcoming Spring Bazaar, putting time and creativity into a variety of handmade items. Recent activities have included collage art, tie dye, jewelry making, and painting birdhouses, with residents working together to create pieces for the event. The preparations have been a fun and engaging way to get ready for the Bazaar while showcasing residents' creativity and talents.

+ FOOD AND RECREATION COMMITTEE



At the recent Food and Recreation Committee meeting, members agreed to adjust the meeting schedule so sessions will now take place on Thursdays prior to Resident Council, allowing for improved coordination and streamlined discussion between the two groups. Residents were supportive of this change. A reminder was also shared regarding upcoming Resident Council voting for President/Representative.

Menu planning remains a key focus, with residents sharing that current offerings continue to be well received. As warmer weather approaches, there is interest in incorporating more fresh fruit and chopped vegetables, along with additional salads in the upcoming seasonal menu. Residents also requested a printed copy of the updated menu for easier review once available.

The bar cart continues to be a popular feature, with discussion around increasing its frequency. For upcoming celebrations, ideas included themed beverages such as mimosas for Mother's Day and non-alcoholic margaritas for Cinco de Mayo. Residents also expressed interest in continuing to build on these social

dining experiences as part of special events.

Planning for Mother's Day is well underway, with a BBQ lunch proposed. Menu ideas included hamburgers, hot dogs, and a Mediterranean option such as chicken souvlaki with fresh toppings, alongside a caprese salad and fruit trifle for dessert.

Recreation planning included a review of the May calendar, with residents highlighting their enjoyment of trivia, group games, and recent activities such as bowling, chair soccer, and balloon games. As the weather improves, there is strong interest in expanding outdoor programming. Preparations are also ongoing for the Spring Bazaar, with residents continuing to create handmade items for sale.

Community engagement remains active, with plans for live music, the return of pet therapy visits, and potential new offerings such as a bible study group. Residents are also looking forward to participating in the upcoming Run for Home event, where they will take part as a team and connect with the broader community.

RUN FOR HOME—REGISTRATION IS NOW OPEN: drdhfoundation.com/RFHRegistration

What is Run For Home?

Run For Home is a charity event designed to get people outside, moving, and enjoying the natural environment around us, while raising money for a great cause. Whether you are a trained runner, or just looking to enjoy the beautiful trails in Deep River, you set your goal, and your pace! The race is divided into different distances, depending on your personal goals: 2K, 5K, 10K, and Half Marathon 21K. The event is open to all ages and all levels of experience.

For those coming from out of town, enjoy the stunning nature Deep River has to offer, from the Four Season Conservation Trails where the walk/run occurs, to the gorgeous beaches along the Ottawa River.

Families can bring children to take part in games, and activities to keep them occupied while enjoying food vendors, music, and other stalls

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

This day aims to bring our community together, show visitors what they are missing, and of course, raise donations for [Get On Board: Connecting Community](#). This campaign aims to raise money to purchase and support several accessible vehicles for the Four Seasons Lodge Long-Term Care Home at Deep River & District Health. Currently a 12 bed home, this wonderful residence will be growing to a new 96-bed home and we need to make sure residents have appropriate and safe transportation to keep them connected to our community.

We are also seeking volunteers to help with this event so please reach out to foundation@drdh.org if you are interested.

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



06.27.26
RUN FOR HOME



2KM . 5KM . 10KM . HALF

We're looking for volunteers! Whether you have a specific skill to share or simply want to give back to your community, we'd love to hear from you. There are opportunities for all interests and experience levels! High school students looking to complete their volunteer hours are encouraged to sign up and get involved.

Sign up now and turn compassion into action!

www.drdhfoundation.com/volunteer



VOLUNTEERS NEEDED

The Deep River & District Health Foundation is currently recruiting volunteers to support a variety of events and projects throughout the year.

Please visit our website for more information and to sign up.

www.drdhfoundation.com



JOIN NOW



613-584-3333 x 7140



foundation@drdh.org

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.