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# JUNE 2026



## RUN FOR HOME RAISES MORE THAN \$40,000

The 4th annual Run for Home was another tremendous success, bringing together hundreds of participants, volunteers, sponsors, and supporters for a day of fitness, fun, and community spirit.



## HAPPY PRIDE MONTH!

Deep River and District Health marked the beginning of Pride Month with its first-ever Pride flag raising ceremony, a meaningful milestone that reflects the organization's commitment to fostering safe, welcoming, and inclusive environments for patients, residents, visitors, and team members.

# CEO'S CORNER

## CONNECTING WITH OUR DRDH TEAM AND COMMUNITY



As June comes to a close, I find myself reflecting on what has made this month so meaningful. While we continue to make exciting progress across our Health Campus, what stands out most to me is not a building, a project, or a program - it is our people and the culture we continue to build together.

This month marked a truly monumental milestone for Deep River and District Health as we held our very first Pride flag raising on our Health Campus. It was a meaningful moment in our organization's history and a visible demonstration of our commitment to creating an environment where every person feels welcome, respected, valued, and safe. My sincere thanks go to everyone who helped bring this event to life, and to the many team members who continue to champion inclusion through our Positive Spaces initiative and in the everyday interactions that define who we are as an organization.

I am incredibly proud to support this work and honoured to be part of a team that embraces diversity, values inclusion, and recognizes that every individual deserves to feel they belong. Creating a culture of belonging is not about a single event or one month of the year - it is about the choices we make every day in how we care for one another, how we welcome those who come

through our doors, and how we ensure everyone is treated with dignity, compassion, and respect. This commitment is reflected not only in the care we provide, but in the culture we continue to build together.

While we celebrate these important moments, we also continue preparing for the future. Planning for the new Four Seasons Lodge continues to advance, with teams actively engaged in furniture selection, staffing, occupancy planning, and operational readiness. We also look forward to engaging our teams and community over the coming months as planning for hospice design and programming continues. These initiatives represent exciting opportunities to strengthen the care and services we provide while remaining grounded in the values that define our organization.

As we continue to grow, we are also investing in the people and resources that support our teams every day. Strengthening organizational capacity and growing our team today helps ensure we are prepared for tomorrow, allowing us to continue providing outstanding care while supporting our staff through this exciting period of growth and transformation.

As we head into the summer months, I hope each of you has the opportunity to enjoy some well-deserved time with family and friends, recharge, and take pride in the important difference you make every day. Thank you for your unwavering commitment to our patients, residents, clients, families, and one another. It is a privilege to work alongside such an exceptional team, and I look forward to all that we will accomplish together in the months ahead.

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.





# Help Shape the Future of Hospice

Share your ideas. Create with us a place of  
comfort, compassion, and care.

## We would like to hear from:

- Individuals with lived experience of hospice or end-of-life care
- Family members and caregivers
- Healthcare professionals
- Volunteers
- Community members

## Collaborative Input Sessions

- Tuesday, July 21<sup>st</sup> - 4:00 pm at DRDH Primary Care Building
- Thursday, July 23<sup>rd</sup> - 10:00 am at Petawawa Library Rotary Room
- Tuesday, July 28<sup>th</sup> - 5:00 pm at Petawawa Library Rotary Room
- Wednesday, July 29<sup>th</sup> - 12:00 pm at Stonecliffe Municipal Hall
- Thursday, July 30<sup>th</sup> - 10:00 am at DRDH Primary Care Building

RSVP or for more information

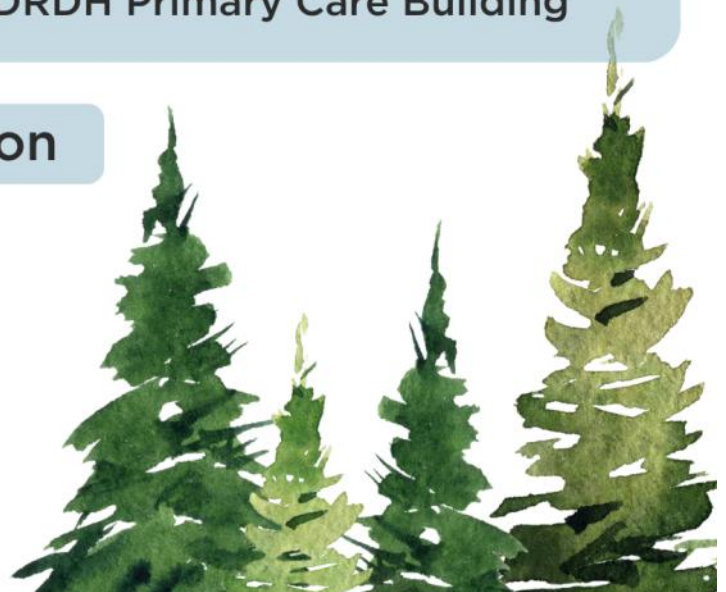


[assistance@drdh.org](mailto:assistance@drdh.org)



613-584-3333 x7112

Walk-ins are welcome



# DRDH MARKS PRIDE MONTH AND LAUNCHES POSITIVE SPACES INITIATIVE

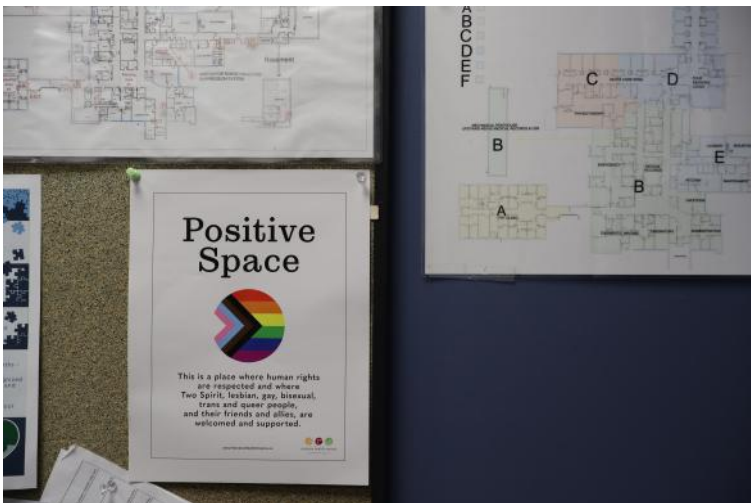


Deep River and District Health marked the beginning of Pride Month with its first-ever Pride flag raising ceremony, a meaningful milestone that reflects the organization's commitment to fostering safe, welcoming, and inclusive environments for patients, residents, visitors, and team members.

The event brought together team members and organizational leaders to celebrate diversity, recognize the importance of inclusion in healthcare, and reaffirm DRDH's commitment to ensuring everyone feels respected, valued, and supported when accessing care or services.

As part of this ongoing work, DRDH is launching and expanding Positive Spaces throughout the organization. Team members have access to education and training opportunities that build awareness of the experiences and healthcare needs of 2SLGBTQ+ individuals while promoting inclusive and respectful care practices. Positive Space posters and stickers displayed throughout DRDH facilities serve as visible symbols of support and inclusion.

Through continued learning, awareness, and meaningful action, DRDH remains committed to creating an environment where everyone feels welcome, safe, and respected.



# DRDH REFLECTS ON A YEAR OF GROWTH AT ANNUAL MEETING

Deep River and District Health welcomed community members, partners, volunteers, physicians, and team members to its Annual Meeting, where the organization reflected on another year of growth and officially released its 2025–2026 Annual Report.

The report highlights the progress made as DRDH moves beyond the halfway point of its 2023–2027 Strategic Plan. Guided by the priorities of **People**, **Growth**, and **Community**, the organization continued to strengthen healthcare services, invest in its workforce, advance major capital projects, and build partnerships that improve access to care across the region.

Highlights from the past year included continued construction of the new 96-bed Four Seasons Lodge Long-Term Care Home, completion of the new Primary Care building, the announcement of plans to develop a new three-bed hospice within the current Four Seasons Lodge space, and ongoing investments in recruitment, staff development, workplace culture, and quality

improvement.

During the meeting, Members of the Corporation received audited Financial Statements for period ending March 31st, 2026 along with annual operations statements. The Members elected incoming Board of Directors for 2026-2027 and appointed the organization's Auditor for fiscal year 2026-2027.

The Annual Report also provides an overview of organizational performance, patient and resident statistics, financial results, and the many contributions of the DRDH Foundation, Auxiliary, volunteers, physicians, staff, and community partners.

Thank you to everyone who contributed to another successful year. Together, we continue working toward a stronger, more connected healthcare system and ensuring high-quality care remains available close to home.



[CLICK HERE TO  
READ THE  
2025-2026  
ANNUAL REPORT](#)

# RUN FOR HOME RAISES MORE THAN \$40,000 FOR ACCESSIBLE TRANSPORTATION

The fourth annual Run for Home was another tremendous success, bringing together hundreds of participants, volunteers, sponsors, and supporters for a day of fitness, fun, and community spirit.

Participants of all ages and abilities took part by running, walking, wheeling, volunteering, cheering from the sidelines, and supporting the event through donations. Together, the community raised more than \$40,000 in support of the Get On Board: Connecting Community campaign, helping move the Deep River & District Health Foundation closer to its goal of providing accessible transportation for Four Seasons Lodge residents and others in the community who face mobility challenges.

This year's event also introduced several exciting new features, including the inaugural Mobility in Motion accessible route, ensuring even more community members could participate, as well as GPS race timing for all participants. Entertainment, family activities, and community partners helped create a welcoming atmosphere that reflected the spirit of the event.

The Foundation extends its sincere appreciation to the many sponsors, volunteers, community partners, and team members whose generosity and hard work made the day possible. Their support, along with the enthusiasm of every participant, continues to make Run for Home one of the region's signature community fundraising events and an important investment in keeping residents connected to the people, places, and activities that matter most.

## RUN FOR HOME

2KM . 5KM . 10KM . HALF





## RENOVATION UPDATE

### THANK YOU FOR YOUR PATIENCE DURING ONGOING RENOVATIONS Please follow all signage for directions

Deep River and District Health is continuing its ongoing flooring replacement project as part of broader infrastructure improvements across the hospital. Beginning Monday, July 6, 2026, Phase 6 of 7 will get underway and is anticipated to last approximately one week.

This phase represents one of the more significant stages of the project and will involve the installation of temporary walls extending from the Emergency Department entrance through to areas near Diagnostic Imaging and Triage. As a result, there will be important changes to building access during this time.

Key changes effective July 6 at 7:00 a.m.:

- The Emergency Department (ED) entrance will be closed for the duration of this phase
- All patients, visitors, and EMS traffic must enter through the Main Entrance
- Services including Finance, PMFRC Employment Services, Seniors Friendship Club, and North Renfrew Family Services will be accessible via the side entrance nearest Banting Drive

While this phase will be more disruptive than earlier stages of the project, all hospital services will continue to operate as normal. Clear signage will be in place throughout the facility to support safe and efficient wayfinding.

DRDH appreciates the patience and cooperation of patients, visitors, and staff as we complete this important infrastructure work. These upgrades continue to support a safer, more modern, and more welcoming environment for care delivery across our campus.



*Emergency Department Doors will be CLOSED effective July 6 at 7:00 a.m. for approximately one week.*



*Emergency Department access through Main Entrance doors. All hospital services will continue to operate as normal.*

# RESIDENTS HELP SELECT FURNITURE FOR THE NEW FOUR SEASONS LODGE

Planning for the new 96-bed Four Seasons Lodge extends far beyond construction. This month, residents had the opportunity to test four armchair options being considered for common areas in the new home, providing feedback on comfort, support, accessibility, and overall functionality.

Resident input is an important part of the planning process, helping ensure the new home reflects the needs, preferences, and everyday experiences of the people who will live there.



To gather even more perspectives, the chair samples were also made available for team members, patients, families, volunteers, and friends of residents to evaluate and provide feedback.

While the displayed fabrics and colours are only samples, the feedback collected will help guide the selection of furniture that is comfortable, functional, and welcoming. Every comment received is helping shape a home designed with residents at the centre of every decision.



## DRDH SHARES LTC AND HOSPICE UPDATES WITH UOVSCF

DRDH President and CEO Janna Hotson recently joined the Upper Ottawa Valley Senior Friendship Club's Annual General Meeting at the Deep River Legion to provide members with an update on two significant projects that will shape the future of healthcare in the region.

Attendees received an overview of construction progress on the new 96-bed Four Seasons Lodge long-term care home, including recent photos and building plans showcasing the modern facility that will expand and enhance long-term care services for the community.

The presentation also highlighted plans to transform the current Four Seasons Lodge building into a new residential hospice, bringing local hospice care to Deep River and surrounding communities. Following the presentation, members had the opportunity to ask questions about both projects and were invited to participate in upcoming community engagement sessions that will help shape the design, atmosphere, and services of the future hospice, ensuring it reflects the needs and priorities of patients, families, and the community.



## DRDH VISITS OTTAWA VALLEY ISLAMIC CENTRE

This month, DRDH President and CEO Janna Hotson visited the Ottawa Valley Islamic Centre (OVIC) in Deep River, meeting with Mahmoud Karam and his wife, Amal Zeyada, to learn more about the Centre and discuss opportunities for future collaboration.

The visit included a tour of the Centre, which is nearing completion following extensive renovations, and conversations focused on how the two organizations can work together to better support the community. Discussions included opportunities for input into the design of spiritual spaces within the new Four Seasons Lodge long-term care home, the future hospice, and the hospital, helping ensure these spaces are welcoming and reflective of the diverse needs of patients, residents, families, and visitors.

The meeting also highlighted the importance of strong community partnerships as DRDH prepares to expand its workforce with the opening of the new Four Seasons Lodge. Having places of worship and cultural gathering spaces nearby helps support recruitment, welcome new team members, and foster an inclusive environment where people of all backgrounds feel they belong.

DRDH looks forward to continuing these conversations and strengthening its partnership with OVIC in support of a more welcoming, inclusive, and connected community.



# VISIT FROM VELVET THE HORSE

Residents, inpatients, and team members at Deep River and District Health enjoyed a memorable visit from Velvet the horse and her owners, Tracy and John, who spent time connecting with everyone on a beautiful spring day.

Participants had the opportunity to feed Velvet carrots, gently brush her coat, and spend time interacting with her in a relaxed and welcoming environment. Visits like these provide far more than an enjoyable activity—they can help reduce stress, spark conversation, evoke cherished memories, encourage social interaction, and support emotional well-being. Animal-assisted visits have long been recognized for their positive impact on mood and quality of life, particularly for older adults and individuals receiving care.

The visit brought smiles, laughter, and meaningful moments of connection throughout the day. Deep River and District Health extends its sincere thanks to Tracy, John, and Velvet for sharing their time and helping create such a special experience for our residents, patients, and team members.



## RCDHU OUTREACH TEAM VISITS DRDH

Karina and Evan from the Renfrew County and District Health Unit Outreach Team were here during their monthly visit to Deep River.

The Outreach Team provides community members with free health information, resources, and services, including harm reduction supplies, naloxone kits, tick safety information, well water testing kits, menstrual products, STI testing, and information about dental programs for children, seniors, and the Canadian Dental Care Plan.

The team visits Deep River each month in the Spring, Summer and Fall, and can be found outside the Deep River and Area Food Bank. This initiative improves access to important public health services and connecting residents with the resources they need to support their health and well-being.

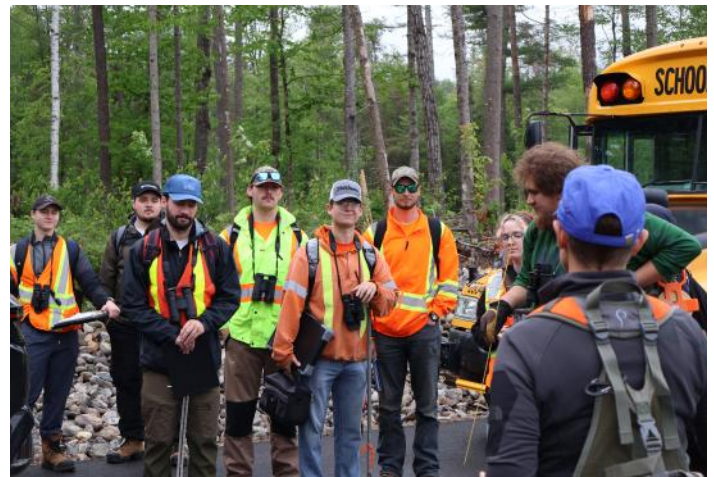


## ALGONQUIN COLLEGE STUDENTS COMPLETE ENVIRONMENTAL FIELD STUDIES

Deep River and District Health was pleased to welcome Environmental Technician students from the Algonquin College Waterfront Campus for a day of hands-on field studies in the Four Seasons Conservancy.

As part of their program, students conducted environmental assessments, including soil testing and species surveys, applying classroom knowledge in a real-world setting while gaining valuable field experience. Activities such as these help students develop practical skills while contributing to a greater understanding of the local natural environment.

DRDH was pleased to support this educational opportunity and wishes the students continued success in their studies.





DEEP RIVER &  
DISTRICT HEALTH

# PREDIABETES EDUCATION CLASS



Thursday, August 13<sup>th</sup> 2026  
1:30 - 3:00pm  
Primary Care Building  
117 Banting Drive,  
Deep River, ON

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.

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**

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**

# CELEBRATING NATIONAL LONG-TERM CARE DAY

This month, Four Seasons Lodge celebrated National Long-Term Care Day by recognizing the residents, families, volunteers, physicians, caregivers, and team members who make the Lodge a warm and welcoming place to call home.

At Four Seasons Lodge, resident-centred care begins with the understanding that this is first and foremost our residents' home. Every day, team members have the privilege of supporting residents in living with dignity, purpose, comfort, and meaningful connection, while creating an environment where they feel valued and supported.

The celebration also looked toward the future as construction continues on the new 96-bed Four Seasons Lodge. The expansion will help meet the growing need for long-term care in the region, ensuring more seniors can access high-quality care close to home while remaining connected to their families,

friends, and community.

Thank you to everyone who helps make Four Seasons Lodge such a special place each and every day.





DEEP RIVER &  
DISTRICT HEALTH

# ACCREDITATION 2027

JUNE 2026 UPDATE

June was a busy month for Accreditation teams as action plan reviews took place. Over 1,500 standards were reviewed, and actions identified to prepare for our Attestation and On-Site Survey.

## Required Safety Practices at DRDH

Health Equity



We collaborate to address health inequities affecting safe and high-quality care!

- DRDH Strategic Plan
- Community Needs Assessment
- Positive Spaces Launch
- Indigenous Health Awareness Training
- Unattached clinics in Primary Care
- Patient/Resident and Family engagement
- Accessibility and Inclusivity Council

Do Not Use Abbreviations



We collaborate to implement a current do-not-use list of abbreviations, symbols, and dose designations in all medication-related communication!

- Yearly education on Surge Learning
- 'Do Not Use Abbreviations' policy
- ISMP list
- Clinical Audits
- Computerized Physician Order Entry (CPOE)
- Electronic Health Records

Improving Hand Hygiene



We collaborate to improve hand hygiene practices!

- Yearly education on Surge Learning
- Orientation education
- Hand Hygiene Audits
- Dashboards
- Corporate Scorecard

### What's Coming Up in July?

Evidence collection will begin to prepare for our Attestation in August!

Countdown: 8 months to go!



ACCREDITATION  
CANADA

# MANDATORY EDUCATION

JULY 2026

Please see the assigned education for the month of June on Surge Learning. This is due to be completed by **Wednesday, July 29, 2026**. Please contact Rebekah if you are having any issues accessing the education.

Topic	Target Staff
Ethics in Healthcare	All
Evacuated Education	All
Ethical Decision Making Framework	All
Workplace Bullying and Incivility – Part 1 – Incivility in the Workplace	All
Public Health Ontario – IPAC for Non-Clinical Staff Module 2 – Routine Practices in IPAC – Risk Assessment	Non-clinical staff
IPAC for Healthcare Workers Module 1 – Introduction to IPAC and Routine Practices	Clinical staff
ORBCON Tech Assess Basic	Lab

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



# TEAM HAPPENINGS

## NEW HIRES



## WELCOME!

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



## BEST WISHES, MARY!

This month, we extend our sincere thanks and best wishes to Mary as she begins an exciting new chapter in her career.

Throughout her time at Deep River and District Health, Mary was a valued member of our Human Resources team, known for her professionalism and unwavering support of colleagues across the organization. Beyond her role, she was always eager to get involved in events such as the Polar Plunge, the Annual Breakfast & Bonspiel, and many other initiatives that helped strengthen our DRDH community.

While we will miss seeing Mary at DRDH, we know she will continue to be a wonderful supporter of our organization. On behalf of everyone at DRDH, thank you, Mary, for all you have contributed, and we wish you every success in your new role.



## QUEEN'S UNIVERSITY MEDICAL LEARNERS ARRIVE AT DRDH

Deep River and District Health was pleased to welcome another group of medical learners from Queen's University this month as part of our ongoing commitment to rural medical education.

Three first-year medical students, Julianna, Sara, and Martina, joined DRDH for Community Week, an immersive experience that introduces students to rural healthcare while showcasing the people, places, and lifestyle that make the Ottawa Valley a unique place to live and practice medicine.

DRDH also welcomed third-year medical students Tia and Tyler, who began their 14-week Rural Generalist Clerkships. Throughout their placements, they will gain valuable hands-on experience alongside our physicians and healthcare teams in the Family Health Team, Emergency Department, and Medical Inpatient Unit.

Providing meaningful learning opportunities for future healthcare professionals is an important part of DRDH's role as a rural teaching site. We are grateful to our physicians, team members, and community for helping create welcoming experiences that inspire the next generation of rural healthcare providers.



## COMMUNITY WEEK SHOWCASES RURAL MEDICINE AND THE VALLEY

Community Week concluded with first-year Queen's University medical students gaining a firsthand look at both rural medicine and life in the Ottawa Valley. Throughout the week, students participated in a variety of clinical experiences while learning from DRDH physicians and healthcare professionals about the broad scope of rural practice.

Outside the clinical setting, students explored the region through activities including whitewater rafting on the Ottawa River, helping showcase the outdoor lifestyle, strong sense of community, and exceptional quality of life that complement a career in rural healthcare.

DRDH extends its thanks to the physicians, team members, community partners, and activity hosts who helped make Community Week a memorable experience and inspire the next generation of rural physicians. The organization looks forward to welcoming many of these future healthcare professionals back to Deep River in the years ahead.



## SUPPORTING THE NEXT GENERATION OF RURAL PHYSICIANS

Education and mentorship continue to be an important part of Deep River and District Health's role as a rural teaching site. Throughout the month, physicians and team members supported medical learners through a variety of educational opportunities designed to prepare them for successful careers in medicine.

Dr. Pete Ceponis recently hosted a financial Lunch & Learn for resident physicians, providing practical guidance on topics that are often not covered in traditional medical training. The session explored physician billing, primary care practice models, locum opportunities, and the transition from residency into independent practice. The gathering also provided an opportunity to congratulate our second-year residents on successfully completing their certification exams—an outstanding achievement and an important milestone in their medical careers.

Later in the month, DRDH physicians and President & CEO Janna Hotson gathered for a luncheon to recognize resident Dr. McDonald and medical student Rayan as they completed their placements in Deep River. These moments offer an opportunity to celebrate learners' accomplishments, reflect on their experiences, and thank them for choosing DRDH as part of their training journey.

By welcoming medical students and residents each year, DRDH continues to invest in the future of rural healthcare while showcasing the exceptional learning opportunities, collaborative teams, and vibrant community that make Deep River a rewarding place to learn, live, and practice.



## BEST WISHES, AL!

This month, we extend our sincere congratulations and best wishes to Al, Lab Operations Manager with EORLA, as he retires after 5½ years supporting laboratory services at Deep River and District Health.

Throughout his time at DRDH, Al has been a valued partner, providing leadership and support to our laboratory team and helping ensure high-quality diagnostic services for our patients and community.

As Al begins his well-earned retirement, we wish him all the best with his move and as he reconnects with his passion for junior hockey. Thank you, Al, for your contributions to DRDH, and congratulations on this exciting new chapter!



# **+** LIFE LINES

## Supporting Your Mental Health as a 2SLGBTQIA+ Person

Your identity can be a powerful source of strength, connection, and pride. At the same time, other factors outside of you may shape how you experience the world around you. These factors are known as social determinants of health, and include social attitudes, workplace environments, cultural expectations, and access to supportive resources that can influence your health and mental well-being.

Many 2SLGBTQIA+ people move through experiences that can place additional pressure on their mental health. These reflect the impact of stigma, discrimination, and barriers to care that many people still encounter. Psychologists often describe this as minority stress—the ongoing strain that can come from navigating environments where acceptance, safety, or understanding cannot always be assumed. Over time, experiences such as discrimination, fear of rejection, or the need to conceal parts of yourself can take an emotional toll.

### Understanding Stress, Identity, and Intersectionality

Experiences within the 2SLGBTQIA+ community don't exist in isolation. Many people hold multiple identities at the same time, and these can shape how you move through the world and how others respond to you. This is referred to often as intersectionality. For example, the experiences of sexually and gender diverse people can differ significantly if they belong to other marginalized groups as well (people of colour, people with disabilities, those living with HIV, neurodiversity, income, among others). Many may encounter layers of stress that others do not experience. These pressures can appear in workplaces, families, healthcare settings, and social spaces, sometimes in subtle ways that build over time.

Some common sources of stress include:

- Fear of discrimination or rejection
- Pressure to hide or downplay aspects of your identity in certain environments
- Experiences of bullying, harassment, or exclusion
- Limited representation or role models
- Cultural or family tensions related to identity
- Barriers to accessing affirming healthcare

Experiences like these can build up and affect emotional well-being. Over time, this pressure can also show up in everyday ways, such as struggling to sleep, feeling tense or constantly on edge, second-guessing yourself in social situations, or feeling emotionally exhausted.

### Support Is Available Through Your EFAP

Your Employee and Family Assistance Program (EFAP) offers confidential support for many of the challenges that can affect mental well-being, including stress, identity-related concerns, workplace pressures, and relationship difficulties. EFAP services are available to you and your eligible family members at no cost.

[Read the whole Article HERE](#)





# FOUR SEASONS LODGE NEWS

## The FSL Flyers Get Their Race Day Shirts!

Excitement continued to build for the Run For Home this month as members of the **FSL Flyers** received their official race day t-shirts in preparation for the event.

Representing the heart of the **Get On Board: Connecting Community** campaign, the FSL Flyers proudly participated in this year's event to help raise awareness and support for accessible transportation for Four Seasons Lodge residents and others in the community who face mobility challenges.

The team was thrilled to receive their shirts and looked forward to joining fellow participants on race day. Their enthusiasm and determination continue to inspire the community and serve as a reminder that events like the Run For Home are about much more than crossing a finish line—they're about creating opportunities for everyone to stay connected, active, and engaged in the community.



## RESIDENTS' COUNCIL CORNER



The Resident Council received an update on planning for the transition to the new Four Seasons Lodge. The LTC Operationalization Committee has completed a first draft of the Move Plan, outlining the coordination of equipment, supplies, medications, staffing, and communications required to support a planned one-day move. The move is intended to be supported by staff, families, and volunteers, and will include a planned day of celebration for residents.

Planning is also underway for the admission of approximately 84 new residents in the weeks following the move. In partnership with Ontario

Health at Home, admissions are being scheduled to allow time for individualized introductions and care planning with nursing, recreation, dietary, physiotherapy, and finance teams.

Council members also discussed resident and family information materials and agreed on the need to simplify and consolidate content into a more accessible handbook. Work on this resource is underway, with further review planned in upcoming meetings alongside discussions on admission processes and the first-day experience in the new home.

# FOUR SEASONS LODGE NEWS

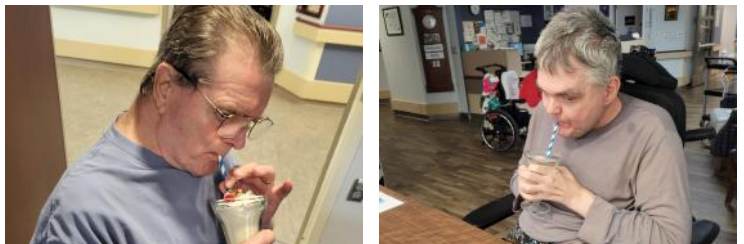
## Summer Fun

Residents at Four Seasons Lodge enjoyed a variety of engaging activities throughout the month, bringing opportunities to learn, celebrate, and spend time together.

As part of the popular **Travel & Taste** program, residents explored the culture and cuisine of Syria with the help of volunteer Alaa, who shared traditional recipes, cooking techniques, and stories about her heritage. Residents even had the opportunity to help prepare the meal that was later served for dinner.

The month also included a Father's Day BBQ, where residents gathered with family and friends to enjoy a delicious meal and celebrate together, as well as a cozy Campfire Night featuring s'mores, music, and conversation. To top it all off, residents marked National Milkshake Day by creating their own custom milkshakes with a variety of flavours and toppings.

These activities continue to create meaningful opportunities for social connection, lifelong learning, and fun, helping make Four Seasons Lodge a vibrant place to call home.



## FOOD AND RECREATION COMMITTEE



The Food and Recreation Committee reviewed current dining and programming activities at Four Seasons Lodge. Residents confirmed that meal and snack times continue to work well with no changes requested, and noted overall satisfaction with the new menu, particularly the fresh seasonal options and salad selections. The group discussed the current cold soup option, with mixed feedback, and agreed to keep it on the menu as it is offered infrequently and an alternative is always available. Residents were encouraged to continue sharing suggestions and feedback.

Planning also focused on upcoming July activities,

including Canada Day celebrations with themed meals and a strawberry social, as well as BBQ favourites and festive programming. Additional ideas discussed included a tropical "Taste and Travel" theme, a July carnival, picnic programming for National Picnic Month, trivia nights, and the introduction of an outdoor walking group supported by physiotherapy. Community engagement activities such as music, pet therapy, gardening, and volunteer-supported programs will continue throughout the summer.

## Mobility in Motion Brings Accessibility to Run For Home

The FSL Flyers, a team of Four Seasons Lodge residents, proudly participated in this year's Run for Home, completing the accessible Mobility in Motion route with the support of DRDH team members and volunteers.

Mobility in Motion is a dedicated inclusive component of the event, designed to ensure individuals with mobility challenges can take part in a safe, supported, and welcoming environment alongside family, caregivers, and friends. The initiative was inspired by residents of Four Seasons Lodge and reflects the Foundation's commitment to accessibility and community participation.



The FSL Flyers' involvement highlights the importance of the Get On Board: Connecting Community campaign, which is helping raise funds to improve accessible transportation for residents. As DRDH continues to expand Four Seasons Lodge into a new 96-bed long-term care home, accessible transportation remains a key priority in supporting residents to stay connected to the community.





## Black Bears Hockey Tournament Supports DRDH with \$28,500 Donation

Deep River and District Health is grateful to the 19th Annual Black Bears Hockey Tournament for its generous \$28,500 donation in support of local healthcare.

Funds from this year's tournament will be used to purchase three portable telemetry units for DRDH, enhancing the hospital's ability to continuously monitor patients and strengthen care across clinical areas.

This meaningful contribution reflects the ongoing commitment of the Black Bears Charity to supporting healthcare services in our community. DRDH extends sincere thanks to everyone involved in the tournament for their continued generosity and dedication to improving patient care close to home.

## Rotary Club of Petawawa Donation Supports Local Healthcare

Deep River and District Health Foundation is grateful to the Rotary Club of Petawawa for its generous \$2,000 donation this month in support of local healthcare.

Contributions like this help the Foundation invest in priority equipment, facility enhancements, and initiatives that strengthen care across the DRDH campus and the broader community. This ongoing support plays an important role in ensuring patients, residents, and families continue to have access to high-quality care close to home.

DRDH extends sincere thanks to the Rotary Club of Petawawa for its continued commitment to supporting healthcare in the region.



## 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](mailto: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.*