



**DEEP RIVER &
DISTRICT HEALTH**

THE ZINGER

NEWSLETTER

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JULY 2026



PROVINCE INVESTS IN PILOT PROGRAM IN DEEP RIVER

DRDH was selected as one of Ontario's newest Community Access to Long-Term Care pilot sites, bringing an innovative new model of community-based care to the Upper Ottawa Valley.



COMMUNITY HELPS SHAPE THE FUTURE OF HOSPICE

Community members shared valuable perspectives in collaborative input sessions that will help guide the planning and design of the future hospice at DRDH.

CEO'S CORNER

CONNECTING WITH OUR DRDH TEAM AND COMMUNITY



As July comes to a close, I continue to be inspired by the progress taking place across our Health Campus. Every improvement we make, every new initiative we launch, and every challenge we navigate together is helping us build an even stronger organization for the future.

This month marked the completion of Phase 1 of our Emergency Department redevelopment, with renovations focused on registration, triage, and our waiting room. While construction projects always bring a degree of disruption, they also remind us of what is possible when everyone works together toward a common goal.

I would like to extend my sincere appreciation to the construction team for their professionalism, flexibility, and commitment to keeping work moving safely while patient care continued uninterrupted. I also want to thank our Emergency Department team and every staff member who had to adapt to changing routes, temporary spaces, and new ways of working - sometimes on what felt like a daily basis. Your patience, resilience, and willingness to embrace change made this project possible.

As we settle into these newly renovated spaces, I encourage everyone to take pride in what we have accomplished together. These improvements are more than refreshed walls and waiting areas - they are investments in the experience of our patients, families, and teams. We also know our work is not finished. Planning is already underway for the next phase of Emergency Department modernization, which will focus on enhancing team safety, improving

workflow, and creating an even more functional environment to support the exceptional care our teams provide every day.

This month also marked an exciting milestone as we officially began community consultation for the design and development of our future hospice. Hearing the ideas, experiences, and hopes of our community has been both inspiring and invaluable. Hospice is much more than a building - it is a place of comfort, dignity, compassion, and connection - and we have an incredible opportunity to create a space that truly reflects the needs and values of our community. In the coming weeks, I look forward to continuing these conversations with our teams and physicians, whose knowledge and experience will help shape not only the physical environment, but also the programs, services, and model of care that will support patients and families for years to come.

Across every project we undertake this year - from the Emergency Department, to the new Four Seasons Lodge, to hospice planning - we continue to invest in the future of healthcare in our community. While each initiative looks different, they all share the same purpose: creating safe, welcoming environments where people receive exceptional care close to home and where our teams have the tools and spaces they need to succeed.

We also closed the month with exciting news for our health campus, reinforcing the momentum we continue to build together. While there is much more to share in the weeks ahead, these announcements reflect our ongoing commitment to finding new and innovative ways to deliver care for our community, strengthen partnerships, and shape the future of healthcare in the Upper Ottawa Valley.

Thank you for your continued commitment, adaptability, and dedication to one another and to those we serve. It is because of each of you that Deep River and District Health continues to grow, innovate, and move confidently toward the future. 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.



PROVINCE INVESTS IN COMMUNITY-BASED SENIORS CARE THROUGH INNOVATIVE NEW PROGRAM AT DRDH



Deep River and District Health (DRDH) was selected as one of Ontario's newest Community Access to Long-Term Care (CALTC) pilot sites, bringing an innovative new model of community-based care to the Upper Ottawa Valley. The announcement was made by the Honourable Natalia Kusendova-Bashta, Ontario's Minister of Long-Term Care, alongside Renfrew–Nipissing–Pembroke MPP Billy Denault during a visit to the DRDH Health Campus.

While CALTC provides the provincial framework, DRDH has designed its own local approach, *The Campfire Program*, to reflect the unique needs of rural communities. Developed through extensive engagement with patients, families, healthcare partners, municipalities, and community organizations, the program responds to a clear message from local residents: helping seniors remain at home requires more than healthcare alone. It requires opportunities to stay active, maintain social connections, access trusted advice, and easily navigate available services.

Operating from the DRDH Health Campus, *The Campfire Program* will bring together clinical care, wellness programming, recreation, dementia supports, caregiver education, health promotion, service navigation, and meaningful opportunities for social connection in one welcoming community space.

During their visit, Minister Kusendova-Bashta and MPP Denault also viewed the new Four Seasons Lodge Long-Term Care Home, currently under construction, and visited the spaces that will support the program's initial launch.

The Campfire Program also complements the DRDH Foundation's *Get On Board: Connecting Community* campaign, which is raising funds for accessible transportation to help connect seniors across the region with programs and services offered through the DRDH Health Campus.

Additional information regarding eligibility, programming, and community participation in *The Campfire Program* will be shared as services are introduced over the coming months.



DRDH CAREERS

STAY IN THE KNOW

Sign up for our Career Alerts



DEEP RIVER &
DISTRICT HEALTH



COMMUNITY HELPS SHAPE THE FUTURE OF HOSPICE

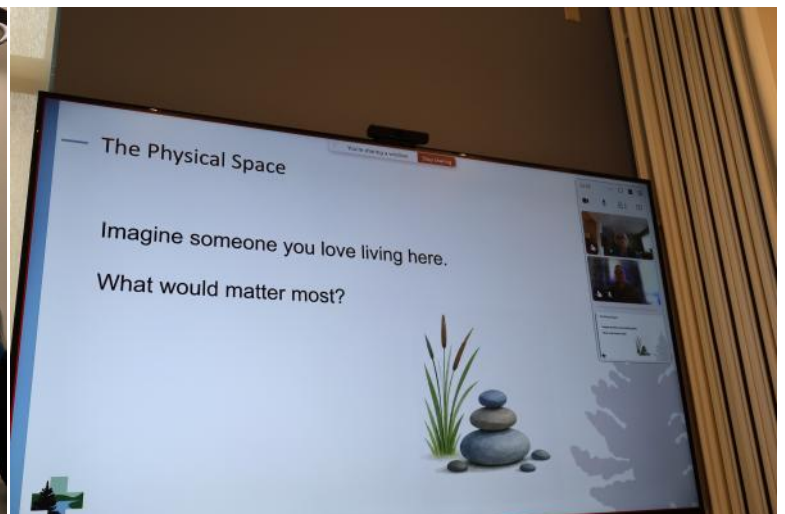
DRDH welcomed community members from across the Upper Ottawa Valley to a series of Community Hospice Design Sessions held throughout July, providing an opportunity for community members to help shape the future hospice planned for Deep River.

Following the opening of the new Four Seasons Lodge Long-Term Care Home, DRDH will transform the current long-term care space into a multi-bed hospice, offering compassionate end-of-life care closer to home. The future hospice will also include dedicated family spaces designed to support loved ones during some of life's most meaningful moments.

The design sessions invited participants to share their ideas on what a hospice should look like and feel like, in addition to offerings for patients and families. Discussions explored topics such as patient and family spaces, comfort, privacy, furnishings, artwork, outdoor areas, and other features that contribute to a welcoming and compassionate environment.

Community members, including individuals with lived experience of hospice and end-of-life care, family members, caregivers, healthcare professionals, volunteers, and other interested residents, shared valuable perspectives that will help guide the planning and design of the future hospice.

DRDH extends its sincere thanks to everyone who participated. The ideas and experiences shared during these sessions will play an important role in creating a hospice that reflects the needs, values, and priorities of the communities it will serve.

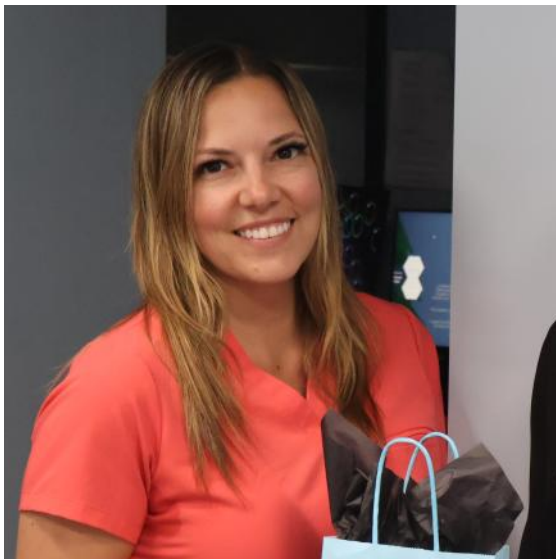


PIECES IN PRACTICE RECOGNITION

Please join us in celebrating the recipients of our second quarterly Pieces in Practice awards. This peer-to-peer recognition program recognizes team members who demonstrate our PIECES values of Partnering, Innovation, Excellence, Caring, Ethics & Integrity, and Safety through their everyday actions. Congratulations to this quarter's winners, and thank you for making a positive difference across DRDH every day!

PARTNERING: Information Technology

Our IT Team Member was nominated for the collaborative and supportive approach he brings to information technology and cybersecurity across the organization. He goes beyond resolving technical issues by regularly connecting with staff, checking in with departments, and creating opportunities to identify concerns before they become larger problems. He is committed to sharing his knowledge in a practical and approachable way, helping staff understand emerging cybersecurity risks and empowering them to play an active role in protecting the organization. Through his openness, professionalism, and genuine commitment to supporting others, he demonstrates the true spirit of Partnering while helping to build a culture of trust, awareness, and shared responsibility.



INNOVATION: RENÉE - Diagnostic Imaging

Renée was nominated for her initiative and thoughtful approach to improving communication with patients. Recognizing the need for a French version of a patient resource, she took the initiative to complete the translation, ensuring information was more accessible to members of our bilingual community. By anticipating the needs of patients and proactively identifying a solution, Renée demonstrated innovation in a simple but meaningful way. Her commitment to inclusive communication reflects her dedication to providing the best possible experience for everyone we serve.

EXCELLENCE: DR. CEPONIS - Physician

Dr. Ceponis was nominated for his unwavering commitment to excellence, both in the care he provides and in his dedication to strengthening the future of healthcare in our community. He has generously volunteered his personal time to support physician recruitment, sharing his experiences at DRDH, connecting with prospective physicians, and offering valuable insight into both the organization and the community. His willingness to mentor, collaborate, and champion DRDH has played an important role in recruitment efforts. Alongside these contributions, he continues to provide compassionate, high-quality care and is a highly respected member of our physician team. His dedication to both his patients and the organization exemplifies Excellence.



PIECES IN PRACTICE RECOGNITION



CARING: JESSIE - Dietary

Jessie was nominated for the care, thoughtfulness, and kindness she brings to every meal she prepares. She consistently goes above and beyond to make birthdays and special occasions memorable for residents, taking the time to prepare their favourite cakes and meals that reflect their individual preferences. Whether caring for residents, patients, or staff, Jessie puts her heart into creating meaningful dining experiences that bring comfort and joy. Her attention to the little things and her genuine desire to make others feel valued embody the true spirit of Caring.

INTEGRITY: JENNIFER - Diagnostic Imaging

Jennifer was nominated for demonstrating exceptional honesty and accountability. During the transition to our new scheduling system, she identified that she had been overpaid and immediately brought the issue forward so it could be corrected. Her willingness to do the right thing not only reflected her personal integrity but also helped uncover broader system issues, allowing additional errors to be identified and resolved. Jennifer's professionalism, transparency, and commitment to accountability make her an outstanding example of Ethics & Integrity in action.



SAFETY: AMANDA - Environmental Services

Amanda was nominated for her quick thinking and proactive approach to protecting patient resources during an unexpected power outage. While working in the Primary Care Building during a major rainstorm, she recognized that vaccines stored in a refrigerator without generator backup were at risk of being compromised. Without hesitation, Amanda contacted the Charge Nurse and helped coordinate the transfer of the vaccines to a secure location. Her attentiveness prevented the loss of thousands of dollars' worth of vaccines and avoided significant reporting and operational impacts. Amanda's vigilance and initiative are an excellent example of putting Safety first.

DRDH AUXILIARY

**YARD
SALE**

**IN THE PARKING LOT AT
DEEP RIVER & DISTRICT HEALTH**

★ **OFFICE FURNITURE • DECOR • AND MORE** ★

**SATURDAY, AUGUST 15TH
9:00 AM – 1:00 PM**

**117 BANTING DRIVE
DEEP RIVER, ONTARIO**

EMERGENCY DEPARTMENT RENOVATION PROGRESS

Our Emergency Department renovation has reached a major milestone as Phase 1 of the redevelopment is now complete. These comparison photos highlight just how much the space has changed over the past several months, including the removal of the glass wall and registration area, installation of new flooring throughout the department, and the creation of a brighter, more open waiting area.

The new registration area has been designed to significantly improve privacy for patients through the addition of private registration spaces with sliding doors. This new layout provides a more comfortable and confidential environment for conversations that often involve personal health information.

While a few finishing touches remain, including updated signage, the completion of Phase 1 represents a significant investment in the patient experience and creates a more welcoming, accessible, and functional environment for patients, families, visitors, and care teams. Planning is already underway for the next phase of Emergency Department modernization, which will continue to enhance safety, workflow, and the delivery of care.



Main Entrance glass wall — Photo taken February 9, 2026



Main Entrance with glass wall removed — Photo taken July 29, 2026



Emergency Department waiting area before renovations — Photo taken February 9, 2026



Emergency Department waiting area after renovations — Photo taken July 29, 2026

NATURALIZED LANDSCAPING STRATEGY



Visitors to the Deep River and District Health Campus may notice something different this summer. Some grassy areas will be left to grow into naturalized meadows as part of a new landscaping approach that supports biodiversity, environmental stewardship, and healthier outdoor spaces for patients, residents, visitors, staff, and the community.

Rather than maintaining traditional manicured lawns, DRDH is intentionally creating naturalized meadow spaces using native plant species that reflect the surrounding landscape and provide habitat for pollinators and local wildlife.

The initiative is part of a long-term Naturalized Landscaping Strategy that will guide landscaping across new areas of the health campus, including the Primary Care Building, the future Four Seasons Lodge Long-Term Care Home, and other appropriate green spaces.

In addition to naturalized meadow areas, all new garden beds and landscaped spaces across the health campus will be designed using native plant species wherever appropriate. DRDH is working closely with the Deep River Horticultural Society and local horticultural experts to select plants that are naturally suited to the Upper Ottawa Valley, ensuring landscapes are resilient, environmentally responsible, and reflective of the region's unique ecosystem. Native species provide critical habitat and food sources for pollinators, birds, and other wildlife, require less water and maintenance once established, and are better adapted to local climate conditions than many ornamental plantings.

"As a healthcare organization, we recognize that the health of our environment is closely connected to the health of our community," said Janna Hotson, President and Chief Executive Officer of Deep River and District Health. "Naturalized landscapes create beautiful,

calming outdoor spaces while supporting biodiversity and reducing our environmental footprint. This initiative reflects our commitment to building a healthier campus for generations to come."

The strategy has been developed through partnerships with the Deep River Horticultural Society, The Four Seasons Conservancy and local horticultural experts, whose knowledge has helped shape a vision for a health campus that is both environmentally responsible and deeply connected to the natural beauty of the Ottawa Valley. Their expertise will continue to guide the selection of native species as new gardens and landscapes are developed across the campus.

Using native and native-adapted plant species offers significant environmental benefits. These plants require little to no irrigation once established, support pollinators and other wildlife, help preserve biodiversity, and reduce the spread of invasive species. They also create resilient landscapes that thrive in the local climate with minimal intervention.

Beyond environmental benefits, DRDH believes access to nature contributes to healing and well-being. Research continues to demonstrate that natural outdoor environments can reduce stress, promote recovery, and create moments of calm for patients, residents, families, team members, and visitors alike.

As the meadows become established, DRDH will maintain clearly defined walking paths throughout naturalized areas to support accessibility and safety. Educational signage will also be installed to explain the purpose of the meadows, highlight the native species found on campus, and share information about the important role these landscapes play in supporting healthy ecosystems.

The approach also reflects DRDH's commitment to responsible stewardship of public resources. Once established, naturalized landscapes require significantly less mowing, fuel, irrigation, and ongoing maintenance than traditional lawns, allowing Building Services staff to redirect time toward other campus priorities while reducing the organization's environmental impact.

The first phase of the strategy is now underway around the Primary Care Building, parking lot islands and front lawns, with additional naturalized landscaping planned as construction of the new Four Seasons Lodge Long-Term Care Home progresses.

By embracing naturalized landscaping, DRDH hopes to create a campus that not only supports exceptional healthcare but also reflects the natural environment and community it serves.

NATURALIZED LANDSCAPING STRATEGY



Before native plants could be established, the existing lawn was removed and the site was tilled to prepare the soil. The newly seeded meadow has since begun to sprout and will continue to fill in over the coming seasons.

GARDEN PROGRESS

The Naturalized Landscaping Strategy began last year with the first native plantings around the new Primary Care Building. These photos show how the gardens have become established over the past year, creating beautiful spaces that support pollinators, local biodiversity, and reflect the natural surroundings.



Planting Day — June 22, 2025



Garden Update — June 22, 2026



Planting Day — June 22, 2025



Garden Update — June 22, 2026



DEEP RIVER &
DISTRICT HEALTH

PREDIABETES EDUCATION CLASS



Thursday, August 13th 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**

MANDATORY EDUCATION

AUGUST 2026

Please see the assigned education for the month of June on Surge Learning. This is due to be completed by **Wednesday, August 26, 2026**. Please contact Rebekah if you are having any issues accessing the education.

Topic	Target Staff
Ethics in Healthcare	All
Accessibility Education - on person centered language meeting level of understanding & needs	All
Attendance Support Program	All
Sick Absence – Medical Certificate (Sick Note) Requirements	All
Transitional Return to Work Program	All
Disability Management	All
Public Health Ontario – IPAC for Non-Clinical Staff Module 3 – Routine Practices in IPAC – Hand Hygiene	Environmental Services
IPAC for Health Care Workers Module 2 – Foundational Elements in Routine Practices	Clinical Staff
Back Care and General Lifting-Safety Talk	IT & Maintenance
HEADS-ED Six and Older	RN
High Alert Medication	RN, RPN
BSO - DOS Instructional Video	RN, RPN, PSW
3M™ Coban™ 2 Layer Compression Therapy: Basic Application	RN, RPN
DRDH Palliative Care Program Policy and Appendices	RN, RPN, PSW, Rec, Dietitian, PTA
Electrical Appliances and Devices – Personal policy	Maintenance

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



TEAM HAPPENINGS

NEW HIRES

WELCOME!

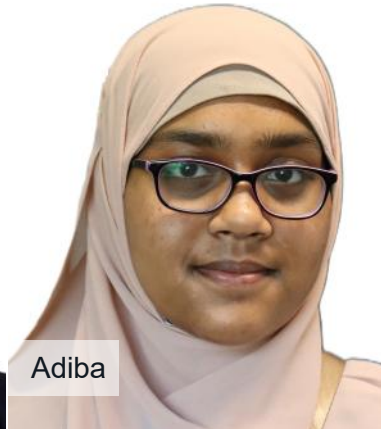
This month, we are pleased to welcome four new members to our team.



Matthew



April



Adiba



Adrianna

BEST WISHES, MEHMA!

We extend our sincere thanks and best wishes to Mehma as she and her family begin a new chapter following a Canadian Armed Forces posting.

As a healthcare organization located near Garrison Petawawa, these are always difficult "see you later's." While we are sad to see valued team members move on, we are proud to support military families and understand that relocations are part of military life.

Mehma has been a wonderful member of our Finance team, and we are grateful for the contributions she made during her time at DRDH. We thank her for everything she has done and wish her and her family all the very best in their next community. We hope our paths cross again one day.





Help Shape the Future of Hospice

Collaborative Sessions for Team Members

Discussion sessions will be held in the DRDH Classroom on the following dates:

- Tuesday, August 4 – 3:00–4:00 p.m.
- Tuesday, August 11 – 3:00–4:00 p.m.
- Wednesday, August 12 – 3:30–4:30 p.m.
- Thursday, August 18 – 3:30– 4:00 p.m.



One of the many meaningful projects underway at Deep River and District Health is the development of our future Hospice. This will be a place of comfort, dignity, compassion, and support for individuals and families during some of life's most important moments.

As we continue planning this new service, we want to ensure that the hospice reflects the values, experiences, and ideas of the people who will help make it such a special place. Just as importantly, we want to build a hospice that truly belongs to our community - designed *with* our community, not simply *for* it.

We are inviting all team members to participate in a series of discussion sessions to help shape the future of hospice care at DRDH. Together, we will explore topics such as the physical environment, the care experience, staffing and volunteer supports, programs, and the features that will help create a welcoming and peaceful space for patients and those who love them.

If you would like to attend, please RSVP to Michaela (mvaclavinek@drdh.org) or at extension 7100.

We recognize that not everyone will be able to attend a discussion session. If you are not able to attend and have specific ideas or suggestion, please feel free to email me or Meagen Boisvenue directly – we would be grateful to hear from anyone who has suggestions or ideas that can help make our hospice truly ours. An online survey will also be shared shortly, providing another opportunity to contribute your ideas and feedback. Whether through a conversation or the survey, every perspective will help shape the future of hospice at DRDH.

This is a unique opportunity to help create something that will serve our region for generations to come. Whether your experience comes from caring for patients, supporting families, maintaining our facilities, providing administrative support, volunteering, or working behind the scenes, your perspective matters. The best ideas come from the people who know our organization and our community best.



DEEP RIVER &
DISTRICT HEALTH

ACCREDITATION 2027

JULY 2026 UPDATE

Throughout the month of July, preparation for the upcoming Attestation continued, with policy reviews and updates, and plans for additional emergency preparedness drills!

Required Safety Practices at DRDH



Antimicrobial Stewardship

We collaborate to optimize the safe and appropriate use of antimicrobials!

- Antimicrobial Stewardship Policy
- Antimicrobial Stewardship Committee
- Antimicrobial Stewardship Committee Terms of Reference
- Participate in Antimicrobial Stewardship provincial landscape survey
- Clinical Audits



Preventing Venous Thromboembolism

We collaborate to implement the organizational evidence-informed program to prevent venous thromboembolism

- Yearly education on Surge Learning
- Venous Thromboembolism (VTE) Prophylaxis policy
- Clinical Audits
- Admission Order Set through Epic



Client Flow

We collaborate to optimize client flow within the organization and across the system!

- Medical/ED Dashboards
- ALC Policy
- Internal/External Bed Surge Management Policy
- Admission Policy
- Daily Bed Flow meetings
- Ontario Health Access and Flow meetings

What's Coming Up in August?

Attestation of 475 criteria will be submitted August 22!

Countdown: 7 months to go!



ACCREDITATION
CANADA



LIFE LINES

Doomscrolling, Perfectionism, and Mental Health: Finding Balance in a Digital World

For many people, their day starts and ends with a scroll, often with many pickups in between. They may grab their phone to scan the news headlines or social posts – a phenomenon that has become so common it has a name – doomscrolling. Even when social feeds are curated to avoid the news, another layer of pressure may emerge—endless polished images and status updates that can spark fears of not measuring up. Experts warn that both doomscrolling and digital-induced perfectionism can strain mental health, contributing to heightened anxiety, low mood, and sleep disruption. In this article, we'll explore the mental health risks associated with doomscrolling and offer strategies to help break the cycle.

Doomscrolling

For some, doomscrolling is driven by a need for certainty or control. During uncertain or rapidly changing situations, staying informed can feel like a way to reduce anxiety or feel more prepared. Checking updates may bring brief relief, creating the sense that more information will make things more manageable or predictable. Over time, however, constant exposure to distressing news can have the opposite effect, increasing worry and emotional overload.

But spending long stretches scrolling through only depressing news offers no real benefit and can be harmful by reinforcing negative thoughts. Simply put, doomscrolling feeds a loop of fear—the more bad news one reads, the more upset one feels, and the more one feels compelled to scroll even more.

Perfectionism and Social Media

Social media doesn't only feed doomscrolling. It also amplifies perfectionism. Platforms like Instagram and TikTok are flooded with polished and unrealistic images of perfect lives. Studies have shown that viewing these idealized posts can heighten feelings of inadequacy and lead users to set unrealistically high standards for themselves. When we see influencers or connections with flawless photos and seemingly perfect lives or accomplishments, ordinary life can feel less than perfect by comparison.

This constant comparison fuels socially prescribed perfectionism—a sense that others expect us to be perfect. Recent research confirms that people who feel driven by external standards are more likely to spend time on social media and to experience low mood or depression. This sort of perfectionism puts people on a treadmill of never-ending—and often never-achievable—goals. The pressure to live a perfect life as presented on social media can lead to frustration, lowered self-esteem, and a distorted sense of reality and self-image. The mental burden of trying to meet unattainable online standards is recognized as a significant risk to mental well-being.

Getting Support

If managing these habits feels overwhelming, help is available. Use your Employee and Family Assistance Program (EFAP) to connect with a counsellor or find resources to help reduce stress and anxiety. Balancing digital life is important for your physical and mental health. Your EFAP is there to help guide you toward healthier habits.

[Read the whole Article HERE](#)





FOUR SEASONS LODGE NEWS

Four Seasons Lodge Carnival

Residents at the Four Seasons Lodge recently enjoyed an afternoon of summer fun during a special FSL Carnival held outdoors on the Lodge grounds.

The carnival featured a variety of classic games, a temporary tattoo booth, fresh cotton candy, and even a friendly water gun fight that had residents and team members laughing together. Events like these provide opportunities for recreation, social connection, and creating joyful memories while making the most of the summer weather.

A big thank you to everyone who helped organize the day and create such a fun-filled experience for our residents.



RESIDENTS' COUNCIL CORNER



Residents' Council received updates on several initiatives taking place across Four Seasons Lodge. The Ministry of Long-Term Care recently provided an update regarding accommodation charges, including corrections related to a pricing discrepancy that will be reflected through upcoming payments for affected residents.

Council members also reviewed the results of the chair selection process for the new Four Seasons Lodge. Over the past several weeks, residents and team members evaluated several chair options, with two high-back models emerging as the clear favourites. The selected chairs will be featured throughout the new home, with colours now being finalized to complement

the interior design.

Residents were also pleased to hear that Cesar recently received a clean bill of health following his annual veterinary appointment and routine vaccinations.

Looking ahead, Council reviewed the updated Resident Satisfaction Survey before its distribution later this month. The survey includes improved accessibility features and will help identify priorities and opportunities for continued improvement across the Lodge.

FOUR SEASONS LODGE NEWS

Summer Fun

Residents at Four Seasons Lodge enjoyed another week of fun, flavour, and summer celebrations. Our popular Travel & Taste program transported residents to the Hawaiian Islands for a tropical luau featuring Hawaiian-inspired cuisine, festive decorations, and an opportunity to experience the culture, traditions, and flavours of Hawaii without ever leaving home.

The celebrations continued throughout the week with several themed activities, including National Popsicle Day, National Ice Cream Sundae Day, and National Chocolate Day. Residents created their own colourful popsicles, built delicious ice cream sundaes with a variety of toppings, and sampled an assortment of chocolates during a special tasting event that sparked plenty of conversation and smiles.

From exploring cultures around the world to enjoying sweet summer treats together, these activities provide meaningful opportunities for recreation, social connection, and creating lasting memories while making Four Seasons Lodge feel even more like home.



FOOD AND RECREATION COMMITTEE



The Food & Recreation Committee reflected on another busy month of activities and looked ahead to upcoming events at Four Seasons Lodge. Team members shared that 10 residents participated in the *Mobility in Motion* event during the 4th Annual Run for Home, which welcomed its largest number of participants to date and raised approximately \$40,000 in support of accessible transportation through the DRDH Foundation's *Get On Board* campaign.

Residents also provided feedback on menus and upcoming meals, including suggestions such as Rocket Popsicles and plans for an August fish fry. Recreation

planning continues to focus on creating enjoyable and engaging experiences, with upcoming activities including a takeout night, Trivia Night, S'mores Day, Ice Cream Sandwich Day, Banana Split Day, and Lemonade Day. The committee also reviewed positive feedback from the recent recreation program evaluation, which highlighted strong participation and enjoyment of activities across the Lodge. The Stride Club has been temporarily postponed due to air quality conditions and will resume once it is safe to do so, ensuring residents can continue enjoying outdoor walks in the weeks ahead.



Nuclear Laboratory Partners of Canada Supports DRDH with \$25,000 Donation

The Deep River & District Health Foundation was honoured to receive a generous \$25,000 donation from Nuclear Laboratory Partners of Canada (NLPC), Canadian Nuclear Laboratories' operating manager, in support of healthcare close to home.

The contribution will help fund priority equipment purchases, facility enhancements, and other initiatives that strengthen care across the Deep River and District Health campus, ensuring patients, residents, and families continue to have access to high-quality healthcare in their own community.

While NLPC is relatively new as the operating manager of Canadian Nuclear Laboratories, the partnership between Canada's nuclear industry and Deep River and District Health spans decades. Since the community's earliest days, CNL and its predecessors have played an important role in supporting healthcare services, recognizing that a strong healthcare system is essential to a healthy, vibrant community.

Today, those connections remain as strong as ever. Many DRDH team members, physicians, volunteers, patients, residents, and Foundation supporters have family members, friends, or neighbours who work at CNL. Likewise, many CNL employees and their families rely on DRDH for healthcare throughout every stage of life. Together, these shared connections have helped build a close relationship rooted in community, collaboration, and mutual support.

The Foundation is pleased to welcome NLPC as it continues this longstanding tradition of community investment and thanks the organization for its commitment to strengthening healthcare across the Upper Ottawa Valley. This generous contribution reflects a shared belief that investing in local healthcare benefits everyone by helping ensure exceptional care remains available close to home for generations to come.

Poker Run at Summerfest

The DRDH Foundation extends its sincere thanks to everyone who participated in this year's Adventure Poker Run, helping make the event another great success. A special thank you goes to Sullivan, the event's presenting sponsor, whose generous support helped make the day possible.

Many community members have come to know the Sullivan team through their work on the ongoing Emergency Department renovations at DRDH, and we are grateful for their continued partnership both on and off the job site. Thank you to Sullivan, our participants, volunteers, and sponsors for helping support healthcare close to home.



The DRDH Foundation also thanks to Global Furniture Group for generously sponsoring the grand prize for this year's Adventure Poker Run. Participants had the chance to compete for an inflatable paddleboard, adding even more excitement to a fun-filled day of community fundraising.

As a leading Canadian manufacturer and supplier of innovative furniture solutions for workplaces, educational institutions, and healthcare environments, Global Furniture Group's support helped make the event an even greater success. We are grateful for their generosity and continued commitment to supporting healthcare close to home.

More on the Adventure Poker Run in next months issue of The Zinger!

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.*