



DEEP RIVER &
DISTRICT HEALTH

THE ZINGER

NEWSLETTER

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SEPTEMBER 2026



EMERGENCY PARTNERS JOIN NEW FSL WALKTHROUGH

DRDH welcomed local emergency services for a walkthrough of the new LTC home, helping strengthen emergency preparedness and identify potential safety considerations ahead of the Lodge's opening.



OUR LATEST #WeAreDRDH VIDEO

In our latest #WeAreDRDH video, Lynne shares what makes Deep River special, from its close-knit community and welcoming atmosphere to the many opportunities for recreation, connection, and adventure.

CEO'S CORNER

CONNECTING WITH OUR DRDH TEAM AND COMMUNITY



As September comes to a close, I find myself reflecting on a month that reminded us of the incredible strength, compassion, and resilience of our team. While we continue to make exciting progress across our Health Campus, this month also brought unexpected challenges that demonstrated what it truly means to come together and care for one another.

The shelter-in-place order in our community earlier this month was an extraordinary situation for our organization and everyone involved. I want to extend my deepest appreciation to our Emergency Department team, who went above and beyond to respond and provide care in exceptionally challenging circumstances, and to every member of our DRDH team who stepped up to support our response. From those providing care at the bedside to those coordinating our emergency response, supporting operations, communicating with our teams and community, and ensuring the safety of our patients, residents, clients, and colleagues, it truly took everyone working together to navigate this situation.

What stood out to me most was the way our team came together. People took on additional responsibilities, adapted quickly to changing circumstances, supported their colleagues, and continued to put the safety and well-being of others first. I am deeply grateful to everyone who contributed, whether you were on

campus, supporting our response remotely, or adjusting your own work and responsibilities to help keep everyone safe.

Experiences like this can affect each of us differently, and I recognize that the impact of these events does not simply end when an emergency is over. As we move forward, I encourage everyone to continue looking out for one another, taking advantage of the supports available, and making space for the conversations and reflection that help us recover together. The same compassion we extend to those we care for is equally important in how we care for ourselves and each other.

Even amid the challenges of this month, we have continued to look ahead and build for the future. Our work to develop new programs, expand services, and prepare for the next stages of growth across our Health Campus continues. These initiatives represent important opportunities to rethink how we deliver care, strengthen our partnerships, and respond to the evolving needs of our community. They also remind us that the strength of our organization lies not simply in the facilities and programs we develop, but in the people who bring them to life.

As we head into October, I hope we can all take a moment to recognize what we accomplished together this month. We often speak about teamwork, compassion, and our commitment to caring, but September gave us a powerful reminder of what those values look like in action.

Thank you for the care you provide every day, for the compassion you show one another, and for the extraordinary commitment you demonstrated when our community needed us. I could not be prouder of this team or more grateful to work alongside each of you. Together, we will continue to support one another, strengthen our organization, and build a future of care that our community can count on.

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.



EMERGENCY PARTNERS JOIN NEW FOUR SEASONS LODGE WALKTHROUGH



DRDH recently welcomed Deep River Chief of Police Mark Kane, Mitch McKenzie from Renfrew County Paramedic Service, and Chief Gary McRae and Alex Bailey from Deep River Fire Department, for a walkthrough of the new Four Seasons Lodge, currently under construction.

Guided by DRDH President and CEO Janna Hotson, VP and CFO William Willard, and members of the DRDH team, the visit provided an opportunity to become familiar with the new building and surrounding area, while identifying potential considerations related to security, fire safety, emergency access, and evacuation routes.

Collaboration and open communication between organizations are essential to emergency preparedness and the safety of our patients, residents, team members, and visitors. Connecting early, while the building is still under construction, allows our teams to share expertise, address potential concerns, and support coordinated emergency planning ahead of the Lodge's opening.

These walkthroughs also help build familiarity between teams, clarify roles, and establish communication before an emergency occurs. Working together now helps ensure that emergency response partners are better prepared to navigate the new facility and coordinate their efforts when needed.

We sincerely thank Mark, Mitch, Gary, and Alex for taking the time to visit and share their knowledge and expertise. Strong partnerships like these help strengthen emergency readiness and support the safety of our entire community.



Open House!

Come learn about a new community-based program designed to support people living at home.

The Campfire Program brings together health, personal, social and functional supports to help people remain safe, independent and connected in their community.



Date: Thursday, October 8th, 2026

Time: 1:00-3:00 PM

**Location: DRDH Health Campus
117 Banting Drive, Deep River, Ontario**

- Learn what the Campfire Program offers
- Ask questions about eligibility, referrals, and how to get started
- Meet members of the program team
- Learn how the program can support people living at home

Individuals, families, caregivers and community partners who want to learn more about the Campfire Program are welcome.

LEARN MORE: Deep River & District Health – Campfire Program

Phone: 613-584-3333 x4100

Email: communityintake@drdh.org

Website: www.DRDH.org/Campfire



**DEEP RIVER &
DISTRICT HEALTH**
Campfire Program



Ontario

COMMUNITY RESPONSE AND SUPPORT FOLLOWING SHELTER-IN-PLACE AT DRDH

Earlier this month, DRDH temporarily adjusted services and implemented an extended shelter-in-place in response to a serious incident in the community and an active police investigation. The safety of patients, residents, visitors, and team members remained the priority, while essential care continued throughout the event.

DRDH's Emergency Department team and staff across the Health Campus responded quickly, calmly, and professionally, activating emergency procedures and maintaining essential patient and resident care. We extend our sincere thanks to our team members, Deep River Police Service, Ontario Provincial Police, paramedics, firefighters, and all emergency response personnel and community partners who worked together throughout the response.

Following the lifting of the shelter-in-place order on September 10, DRDH began restoring services, with emergency care and visitation resuming that day and ambulatory and outpatient services returning the following day. Additional safety measures remained in place as the organization continued to monitor the situation and coordinate with emergency response partners.

Recognizing that this event was difficult and unsettling for many in our close-knit community, DRDH also shared a list of mental health, crisis, and victim support resources, including the Mental Health Crisis Line, Victim Services Renfrew County, ConnexOntario, and 211 Ontario. Community members were encouraged to reach out for support and check in on family, friends, neighbours, and others who may have been affected.

We are grateful to our team members, emergency response partners, and community for their professionalism, cooperation, and support during a challenging time.



NATIONAL DAY FOR TRUTH AND RECONCILIATION

On September 30, Deep River and District Health observed the National Day for Truth and Reconciliation, taking time to reflect on the history and ongoing impacts of colonialism, honour residential school Survivors, those who never returned home, and their families and communities, and recognize the role each of us plays in advancing reconciliation.



Team members were encouraged to wear orange in recognition of Orange Shirt Day, remembering the Indigenous children who were taken from their families and communities and acknowledging the lasting

impacts of residential schools. DRDH team members also attended activities at the Deep River waterfront, joining community members for a day of reflection, learning, and remembrance.

Reconciliation is an ongoing commitment that extends beyond a single day. DRDH continues to encourage learning and understanding through Indigenous education opportunities, including sessions offered in partnership with the Mashkiwizii Manido Foundation. Upcoming sessions include the KAIROS Blanket Exercise and Truth and Reconciliation & United Nations Declaration on the Rights of Indigenous Peoples, with additional opportunities planned throughout the fall.

Community members looking to learn more are encouraged to visit the Deep River Public Library, which offers books and resources for a range of ages and reading levels on reconciliation, Indigenous histories, and the Algonquin roots of the local area. The library also features a permanent display in its basement highlighting Wylie Hamlet and local history.



We thank everyone who took time to reflect, participate, and deepen their understanding of Indigenous histories, cultures, and experiences. Through continued learning, respectful relationships, and meaningful action, we each have a role to play in advancing reconciliation.

Miigwetch.

What Makes Deep River so Special?

For Lynne, its close-knit community and welcoming atmosphere to the many opportunities for recreation, connection, and adventure throughout the Ottawa Valley.

Her experience highlights the unique lifestyle of living and working in a community where people look out for one another, with a quieter pace of life and plenty of opportunities to get involved and explore.

This is what makes Deep River a special place to live, work, and belong.

[Watch the latest #WeAreDRDH video on our YouTube Page](#)



DRDH AT CAREER CONNECTIONS

Earlier this month, Rebekah and Jena represented Deep River and District Health at Career Connections 2026, hosted by the Petawawa Military Family Resource Centre at the Petawawa Civic Centre. The event brought together employers, organizations, training providers, and community services, offering attendees an opportunity to explore career paths, connect with recruiters, and learn about local employment opportunities.

The DRDH team enjoyed connecting with community members, sharing information about career opportunities across our organization, and highlighting what makes DRDH a rewarding place to work. Events like Career Connections help strengthen our recruitment efforts, build relationships with potential future team members, and raise awareness of the diverse opportunities available across Deep River and District Health.

Thank you to the PMFRC for organizing this event and creating an opportunity for meaningful connections with our community.



DRDH CAREERS



Want to join the DRDH Team?



Our updated website allows for you to receive alerts for career openings by role. Scan here:



**DEEP RIVER &
DISTRICT HEALTH**



SEPTEMBER LEADERSHIP DEVELOPMENT

Earlier this month, DRDH leaders gathered at the Ottawa Valley Islamic Centre for our September Leadership Development Institute. The session, Leading Change: From Ideas to Improvement, focused on building confidence and practical skills to lead meaningful, sustainable change across our organization.

Throughout the day, leaders were introduced to and worked through DRDH's new Change Management Framework, exploring how to move ideas forward and support teams through change. The group also had the opportunity to tour the newly renovated Islamic Centre and learn more about the space and its role in the community.

We are grateful to the Ottawa Valley Islamic Centre for welcoming our team and providing a space for this important day of learning and development.



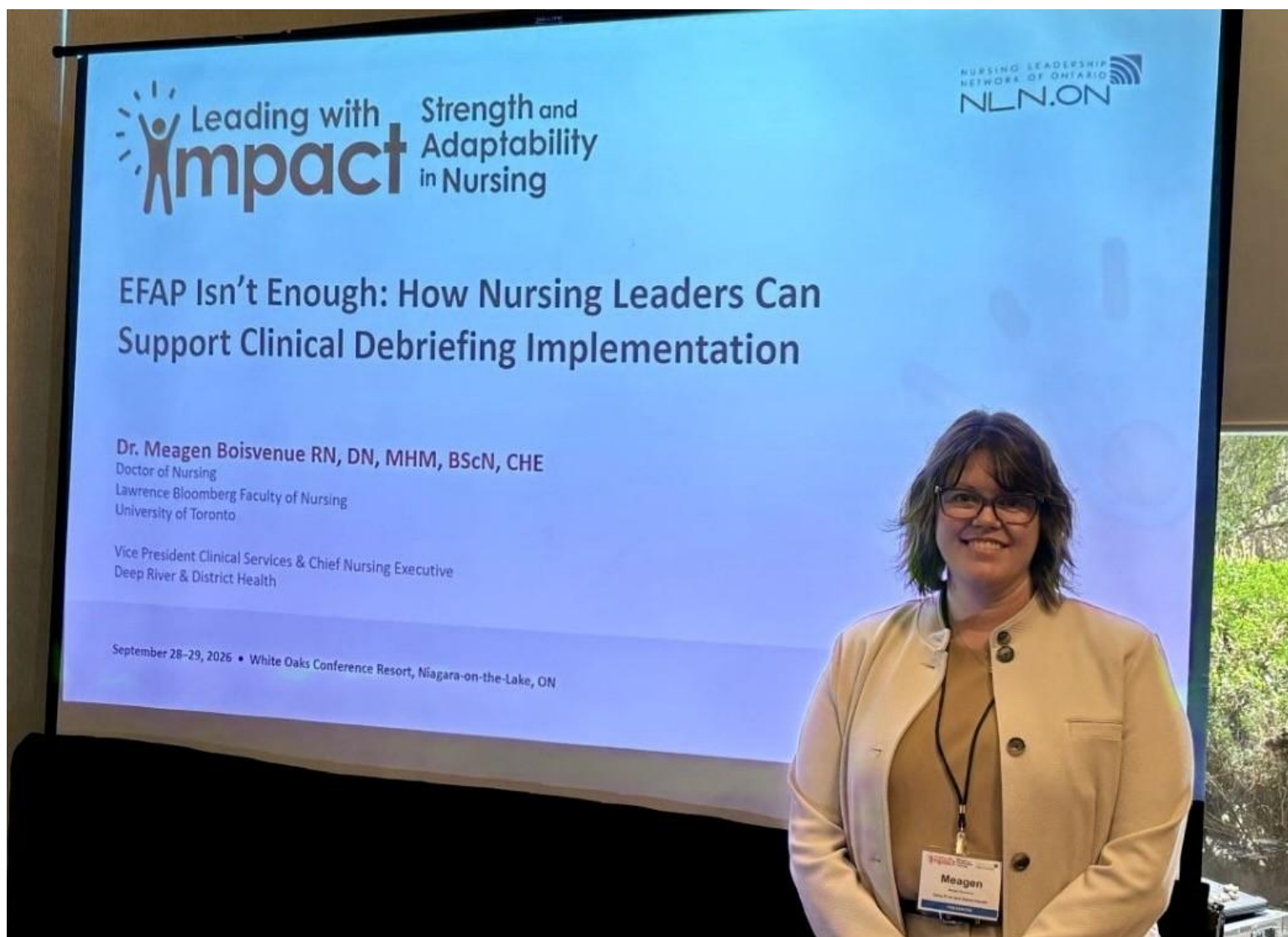
NURSING LEADERSHIP NETWORK OF ONTARIO PRESENTATION

On September 29, DRDH Vice President of Clinical Services & Chief Nursing Executive, Dr. Meagen Boisvenue, presented her doctoral research on Clinical Debriefing Implementation to nursing leaders from across Ontario at the Nursing Leadership Network of Ontario (NLN.ON) Conference in Niagara-on-the-Lake.

Her presentation, “EFAP Isn’t Enough: How Nursing Leaders Can Support Clinical Debriefing Implementation,” explored the role nursing leaders can play in supporting meaningful and sustainable clinical debriefing practices.

This year’s conference theme, Leading with Impact: Strength and Adaptability in Nursing, brought together nursing leaders from a range of sectors and specialties to share research, innovation, and practical approaches to strengthening nursing leadership.

We are proud to see Meagen representing DRDH and contributing to conversations that support the continued growth and evolution of nursing leadership across Ontario.





DEEP RIVER &
DISTRICT HEALTH

ACCREDITATION 2027

SEPTEMBER 2026 UPDATE

This month, we established our Surveyor team who will join us on-site for our survey. Due to Surveyor availability our on-site survey dates have been adjusted to April - giving us a few more weeks to prepare!

Required Safety Practices at DRDH



Suicide Prevention

We demonstrate the required competencies to follow organizational procedures to prevent suicide!

- Suicide Risk Screening Policy
- Social Work referrals
- Psychosocial assessments in Epic
- Surge Education



Managing High Alert Medications

We collaborate to safely manage high-alert medications!

- High-Alert Medication Policy
- Pharmacy & Therapeutics Committee Terms of Reference and Minutes
- Surge Education
- Incident Report Policy
- Critical Events, Adverse Events, and Near Misses Policy



Client Identification

We collaborate to confirm the identity of the client before care is provided!

- Patient Identification Policy
- Clinical Audits
- Barcode Scanning Compliance
- Dashboards
- Incident Reports

Updated Accreditation Dates

Our on-site survey will now be **APRIL 25 - 29, 2027!**

Countdown: ~~5~~ 7 months to go!



ACCREDITATION
CANADA

REGISTRATION DESK IS NOW OPEN



The new registration desk in the Emergency Department is now open, offering a more private space for patients to check in and share personal information.

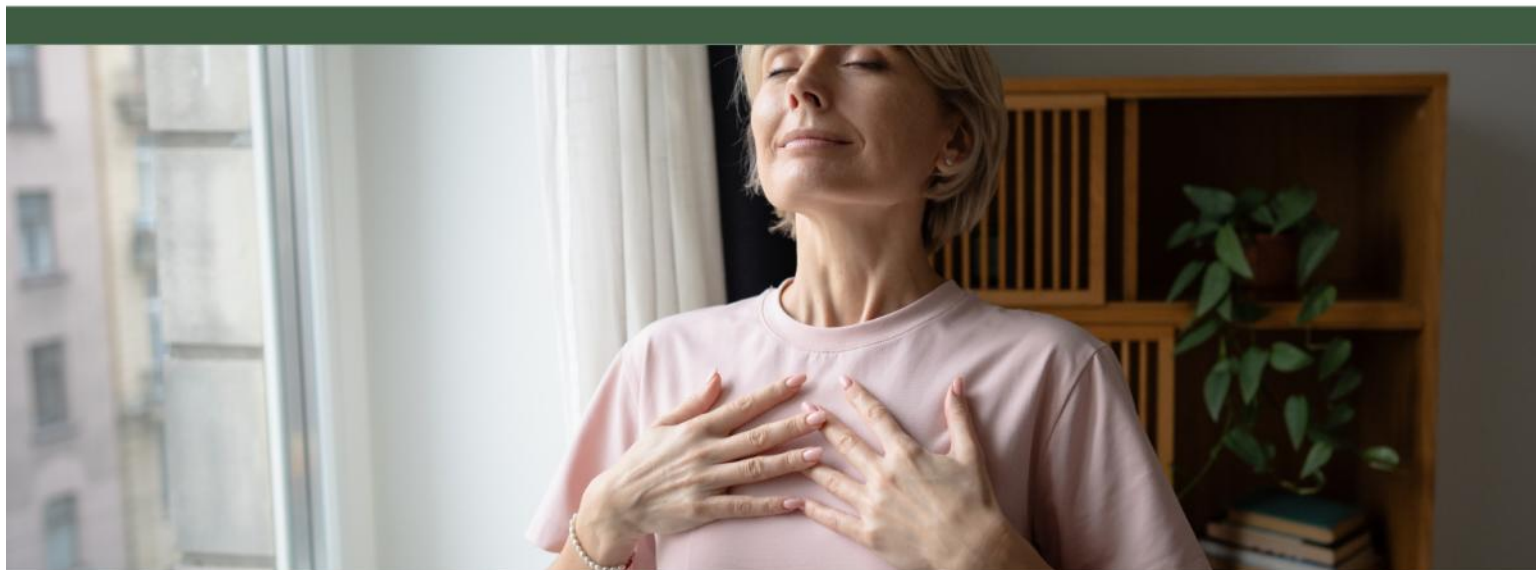
Patients arriving for Diagnostic Imaging appointments will now register at this desk, while Emergency Department patients will complete registration after being triaged. This updated process supports greater privacy and a more organized arrival experience as part of our ongoing Emergency Department renovations.

NEW SEATING FOR THE EMERGENCY DEPARTMENT

Earlier this month, new chairs arrived for the Emergency Department waiting area, adding comfort and completing another part of our recent renovations.

While the waiting room isn't always full, having a refreshed, welcoming space ready for patients and their families is an important part of the overall care experience. These new chairs complement the updated layout and help make the space more comfortable for those visiting our Emergency Department.





GUIDED FUNCTIONAL BREATHING

5 Part Wellness Series

WHO: OPEN TO 55+

WHEN: MONDAYS @ 10:00 AM - OCT 5, 19, NOV 2, 16, 30

WHERE: DEEP RIVER LIBRARY

WHAT TO BRING: N/A

REGISTRATION: REQUIRED

deepriver.ca/residents/seniors-corner

Questions? Email SALC@DEEPRIVER.CA

WELCOME!

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



Shelby



Charity



Patrick



Elizabeth



Andrea

BEST WISHES, TRINITY!

DRDH team members and Four Seasons Lodge residents gathered to give RPN Trinity a warm send-off as she prepares to leave for a family military move. The gathering was also an opportunity to recognize her five years of service with DRDH and present her with her service award pin, which is typically awarded at our annual service award event.

We thank Trinity for her dedication, positivity, and the meaningful impact she has made on our team and residents over the past five years. We wish her and her family all the best in their next chapter and thank them for being part of our DRDH community.



MANDATORY EDUCATION

OCTOBER 2026

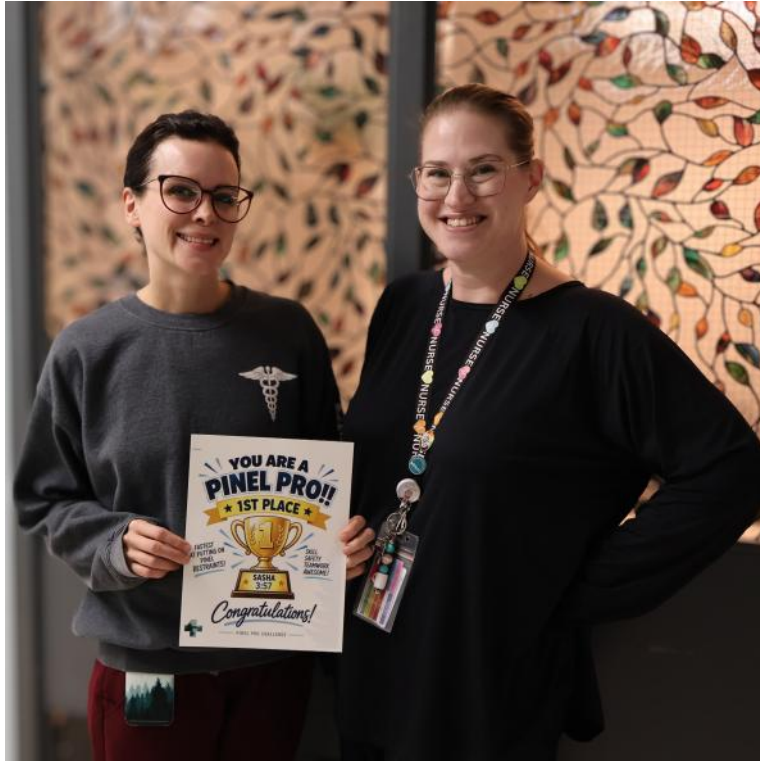
Please see the assigned education for the month on Surge Learning. This is due to be completed by **Wednesday, October 28 2026**. Please contact Rebekah if you are having any issues accessing the education.

Topic	Target Staff
Hand Hygiene - PHO Just Clean Your Hands	All
Code Blue	All
Code Black	All
Vulnerable Sector Screening Declaration	All
Shelter-in-Place and Lockdown During Emergencies and Disasters	All
Public Health Ontario – IPAC for Non-Clinical Staff Module 6 – Additional Precautions in IPAC	Non-Clinical staff
IPAC for Health Care Workers Module 4A – Applying IPAC Principles in Hospital Settings	Clinical Staff
Bed Safety Management	Maintenance, PSW, RPN, Rec therapy, Housekeeping
IMS, EOC Policy Reviews	RN, AOC
Interdepartmental Intra-Cavity Equipment Cleaning and Processing	DI, RN
Continence Care and Bowel Management	RN, RPN, PSW
Palliative Care and End of Life - Part 3 Transition in Care and the Dying Process	RN, RPN, PSW, PTA, Rec
DRDH Documentation of Care – Nursing and Allied Health policy	RN/RPN
CNO Documentation	RN/RPN

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

PINEL PRO CHALLENGE

CONGRATULATIONS TO THE WINNERS!



Over the past two months, DRDH clinical team members participated in the Pinel Pro Challenge, refreshing and demonstrating their skills in the safe, patient-centred application of Pinel restraints. The challenge combined skills validation with friendly competition, helping build confidence, strengthen communication, and reinforce the importance of safety and dignity throughout the process.

Congratulations to our top three participants: Sasha in first place, Jordan in second, and Emma in third!

A special thank you to our Clinical Scholars for providing demonstrations, supporting participants, and helping strengthen this important clinical skill. While the challenge included some friendly competition, its focus remained on ensuring team members feel confident and prepared to provide safe, respectful, evidence-informed care when restraint use is required.



+ LIFE LINES

Supporting Someone at Risk: Suicide and Self-Harm Awareness

Suicide can affect every part of a person's life, including relationships, families, workplaces, and communities. The impact often reaches far beyond the individual, leaving loved ones, coworkers, friends, and communities carrying grief, confusion, guilt, or unanswered questions long after the crisis has passed. For many people, suicide is difficult to talk about. Conversations around emotional pain, mental health, or thoughts of suicide may feel uncomfortable, overwhelming, or frightening. Yet avoiding these conversations can make it harder for people to receive support when they need it most.

Work, Stress, and Emotional Well-Being

Work can be an important source of purpose, connection, routine, and financial stability. Yet, ongoing stress, emotional exhaustion, workplace conflict, job insecurity, or high-pressure environments can affect mental well-being over time. Some occupations may involve additional challenges, such as exposure to trauma, emotional labour, public scrutiny, shift work, long hours, or physically demanding work. People working in helping professions such as healthcare, education, emergency services, caregiving environments, customer service, or leadership roles may carry stress that gradually builds over time.

What to Say When You're Worried About Someone

Many people worry that talking about suicide will make things worse or put the idea into someone's mind. Research shows this is not true. You do not need to have perfect words or all the answers. What matters most is approaching the conversation with empathy, openness, and care.

- Choose a private, calm moment
- Lead with concern, not judgment
- Listen more than you speak
- Ask directly about suicide
- Stay grounded and avoid panic

Support is Available

If you or someone you know is experiencing emotional pain, hopelessness, or thoughts of self-harm, support is available. Reaching out may feel overwhelming at times, especially during moments of emotional distress, but you don't have to carry it alone. Talking to a trusted person, mental health professional, crisis line, or support service can be an important step toward support, safety, and healing.

Your Employee and Family Assistance Program (EFAP) offers confidential support and access to mental health resources. Connecting with a counsellor or mental health professional can help you explore coping strategies, process difficult emotions, and access support that feels right for your needs.

[**Read the whole Article HERE**](#)



ENVIRONMENTAL SERVICES WEEK

Earlier this month, DRDH celebrated Environmental Services Week, recognizing our housekeeping, laundry, and maintenance teams for the essential work they do every day to keep our organization running smoothly.

From maintaining clean, welcoming spaces and ensuring laundry is ready, to keeping our buildings safe and functioning, their contributions are felt throughout DRDH. Their positivity, care, and dedication make a difference for everyone who walks through our doors.

Thank you to our incredible Environmental Services teams for all that you do to support our patients, residents, families, visitors, and fellow team members. We appreciate your hard work and dedication every day!



CELEBRATING FRANCO-ONTARIAN DAY

On September 25, DRDH celebrated Franco-Ontarian Day, recognizing and celebrating the francophone community and its important contributions to our organization and region.

We extend our warmest wishes to our francophone patients, residents, team members, volunteers, and community members.

Bonne fête franco-ontarienne!



WELCOMING OUR NEW LEARNERS



DRDH is pleased to welcome our newest medical learners, including Dr. Stare, a first-year medical resident with the University of Ottawa's Pembroke Regional Hospital residency stream, and Alexandra and Veronique, third-year medical students from Queen's University. We're glad to have them learning alongside our physicians and care teams while gaining experience in rural medicine.



We also welcomed third-year Registered Nursing students Hannah and Jessica from Algonquin College for their community placement. Alongside their instructor, Francesca, and Nurse Practitioner Catherine, they are working on the development of a senior fitness program.

We appreciate the enthusiasm and fresh perspectives our learners bring to DRDH and wish them a rewarding experience as they continue their education and training.

THANKS TIA & TYLER!

We also said farewell to Queen's University medical students Tia and Tyler, who completed their 14-week Rural Generalist Clerkships at DRDH. Both made a positive impact on the teams they worked with and contributed to our culture of learning and collaboration. Tia also helped advance an initiative with Dr. Chiarlitti to reduce the use of disposable table paper in clinical spaces. We thank them for their contributions and wish them all the best in their medical careers!



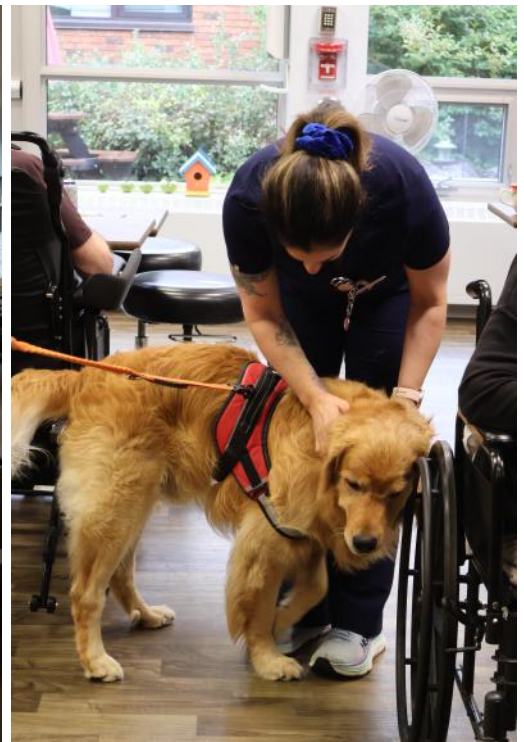
FOUR SEASONS LODGE NEWS

Special Visitors at Four Seasons Lodge

Four Seasons Lodge welcomed two special visitors this month, Tuukka the therapy dog and Velvet the horse, bringing smiles, companionship, and connection to residents.

Tuukka visited with his owner, Jacques, giving residents the chance to enjoy some pets and time together. Velvet returned for another visit, where residents enjoyed gently patting and brushing her.

These visits offer meaningful opportunities for conversation, connection, and enjoyment, and are always a welcome addition to life at the Lodge. A heartfelt thank you to Jacques for bringing Tuukka, and to Tracy and John for bringing Velvet and sharing these special moments with our residents.



FOUR SEASONS LODGE NEWS

Fish Fry and Terry Fox Run

Four Seasons Lodge residents enjoyed their annual, much-loved fish fry this month! The meal featured perfectly deep-fried fish and chips, served with pasta salad and coleslaw. It was a delicious occasion enjoyed by all, bringing residents together for a special meal and some great food.



Four Seasons Lodge residents and DRDH team members had the opportunity to cheer on Mackenzie Community School students as the Terry Fox Run passed by the DRDH Health Campus. It was a wonderful chance to show community support and encourage the students as they carried on Terry Fox's legacy and raised awareness for cancer research.



THE DEEP RIVER & DISTRICT HEALTH FOUNDATION PRESENTS

An Evening of Mystery, Elegance & Enchantment



MASQUERADE *Ball*

COCKTAILS DINNER ENTERTAINMENT

FRIDAY, OCTOBER 30, 2026

CHALK RIVER LIONS CLUB
5PM TO CLOSE

*Purchase Tickets at Deep In Fashion,
the Foundation Office or ONLINE at*

DRDHFOUNDATION.COM/MASQUERADE

DRDH Foundation Masquerade Ball

The DRDH Foundation invites the community to step behind the mask for an unforgettable evening of elegance, mystery, and celebration at its inaugural Masquerade Ball on Friday, October 30, 2026, at the Chalk River Lions Hall.

The evening will feature cocktails, tapas and champagne, a catered three-course dinner with wine, a dessert table, live music, entertainment, and dancing. Guests are encouraged to gather with friends, dress for the occasion, and enjoy a memorable night as the hall is transformed for this special event. Doors open at 5 p.m., with dinner served at 6:30 p.m.



Tickets are \$95 per person or \$850 for a table of 10, making it a wonderful opportunity to enjoy an evening out with friends, family, or colleagues while supporting an important cause. Tickets are available online at drdhfoundation.com/masquerade or in person at Deep in Fashion, located at 41 Champlain Street in Deep River.

Proceeds from the Masquerade Ball will support the development of a home for hospice care at Deep River and District Health, helping bring compassionate end-of-life care closer to home for individuals and families in our community.

As the Foundation's inaugural Masquerade Ball, this special evening promises to be a celebration of community, generosity, and the shared vision of making hospice care available locally. We hope you will join us for a night of great food, entertainment, and dancing in support of this meaningful initiative.

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.