

Today's Take-Aways

Emergency Preparedness

- Thank you to those on LDRP who took part in the Code Silver tabletop discussion. One of the pieces that came out of the exercise is the realization that care staff may have to leave patients behind if there were a Code Silver on the unit. This would be distressing as we always want to provide the best care to our patients, but also need to consider our own safety.

Code Purple will be the Code of the Month in September. We are currently working with the OPP to have officers come to PRH to discuss the police response to hostage situations. Stay tuned for more information on a location and date.

Human Resources

- **Part-time Employees joining the Pension Plan** - You might not know it, but joining HOOPP could be the start of something great. When you work for a HOOPP employer, you can become a member of one of the largest and most respected defined benefit pension plans in Canada. As a part-time employee, you are eligible to enroll in HOOPP at any time. Please contact Angela Lemke, our Payroll & Benefits Administrator, to inquire.

- **PRH Employees with dependents going to an accredited educational institution** - Please note that any PRH employee who has family dental and extended health coverage through the hospital's Manulife plan, with dependent children ages 21-25 inclusive, who attend an accredited educational institute full time, are still eligible for coverage. Please contact Human Resources with the dependent's name, date of birth, and proof that they are still attending school full-time so Manulife can be informed and coverage can be continued.

- Welcome to the team! Starting this month, we will be sharing a list of new hires. Please extend all new staff a very warm welcome.

August 2023:

Luc Fleurant (Finance), Terrilynn Latendresse (Emergency/ICU), Edgar Menoso (ICU), Sabrina Norlock (Surgical), Erin Ready (Community Mental Health), Taylor Reckzin (Rehabilitation), Marilyn Russell (Diagnostic Imaging), Lorraine Shalitis (Diagnostic Imaging), Katherine Smith (Medical), Maggie Verhelle (Community Mental Health), Sasha Weiss-Boulangier (Emergency Department)

Medical Affairs

- Welcome to the team! Starting this month, we will be sharing a list of physicians who have recently joined our professional staff. Please extend them a warm welcome.

Dr. Sarah Davies (Internal Medicine) and Dr. Frodo Bark (Emergency Department)

Today's Take-Aways Continued

Occupational Health and Safety

• The seasonal Flu Vaccine will soon be available! Please keep checking for roll out dates and vaccination clinics. Together let's help to keep PRH fluless.

Departmental Updates

Information Technology

• In an effort to modernize our meeting rooms, IT has transformed C113 and B443 by replacing all of the old technology with new equipment! This upgrade project standardizes all meeting rooms with the same Logitech equipment and computer instructions so that each room can be used exactly the same as the next, giving users the confidence to book any of the rooms for their needs.

We thank you for your patience and understanding as we worked to put these meeting rooms together. Please note that D227 and D202 are next on the list of rooms to upgrade.

Kudos to Paul and the rest of the IT team who supported his work tearing down the old computer gear and installing the new equipment, giving these two rooms a much-needed makeover and creating a cleaner more inviting atmosphere to host your next meeting. Also, thanks to Colin and the crew in Maintenance for their help in taking down the old and putting up the new.

Mental Health Services of Renfrew County

• Our SHARE (Self Help through Awareness, Recreation and Education) program, recently celebrated its 25th anniversary. We want to congratulate Helen McCleod and her team of hard working and creative helpers who planned and carried out a fantastic and memorable celebration. It was great to have the program's current and former Directors in attendance (Brian Adam, Bernie Wren and Mireille Delorme). Some former staff also attended and many happy reunions took place. Thanks to all who attended, assisted and took part in every way.

SHARE is a peer-led support group in which members living with mental illness share and provide emotional and social support to each other. Membership is by self-referral.



Second from right, Brian Adam, the original Director of the hospital's Mental Health Services program stands with Mireille Delorme, our current Director.

Far right, Mireille, Helen McCleod and SHARE Manager Rob Wynja prepare to cut the cake.



PLAN TO GET YOUR FLU SHOT

Getting your flu shot helps save lives and helps our health care system by reducing the number of people who need medical care.

About the flu

- The flu is very contagious and can spread quickly and easily.
- Some people with the flu only get mildly ill. Others, like those over 65 years and young children, can get very sick.

Who should get the flu shot?

- Everyone 6 months and older should get the flu shot. It's especially important for people at high risk of health complications from the flu and COVID-19, and for people who can spread the flu to them.

The flu shot is safe

- You can't get the flu from the flu shot.
- Serious side effects from the flu shot are very rare.

The flu shot works

- You should get the flu shot even if you've already had the COVID-19 vaccine. The COVID-19 vaccine doesn't protect you from the flu.
- Being protected from both the flu and COVID-19 lowers your risk of severe health complications.

To learn more visit Canada.ca/flu

Today's Take-Aways Continued

• A big THANK YOU to all the incredible riders who contributed to the success of the 13th annual Tour de Bonnechere held August 27th! More than 200 cyclists rode throughout the scenic Ottawa Valley as part of a 50k, 65k or 100k route, celebrating the spirit of cycling and providing backing for our community event. All funds raised through this event support mental health and addiction initiatives.

Right, MHRSC Director Mireille Delorme, part of the organizing committee and an event volunteer welcomes MHSRC Manager Chrissy Payne back from the 100k circuit.



Connecting with the CEO - In Case You Missed It

August 25, 2023

When it comes to technology, change is never easy. As we have all experienced at one time or another, upgrading the technology we use often presents its own set of challenges, a forced learning curve and often some moments of frustration along the way.

Recognizing this, I wanted to talk a bit this week about our hospital's recent move to Office 365.

As we continue the move towards full implementation of Office 365 which, ultimately, will include cloud-hosted e-mail and file sharing, I know that some of you might be wondering why we made such a disruptive move when our previous email platform seemed to be working just fine. There are actually several reasons why this had to take place, and why it had to take place now.

In terms of timing, we were notified that all technical support for the Microsoft Exchange server which previously handled our email will end in 2025. As a result, all companies using this type of server have been left with no choice but to move to a cloud-based platform (Office 365) by that time.

Perhaps more importantly however, Office 365 features a variety of tools that can assist us in the prevention of and defence from cyber threats and attacks.

Now, more than ever, hospitals face real risks of having their technology compromised in a variety of ways. In fact, in April, a cyberattack at Cornwall Community Hospital caused delays to scheduled and non-urgent care along with HR and payroll systems, and in February of this year Ross Memorial Hospital in Lindsay experienced a ransomware attack that disabled some important diagnostic systems and access to medical files.

A hospital's risk from such attacks is now so great that Ontario Health has developed a Provincial Cyber Security Operating Model (CSOM) that consists of six Regional Security Operation Centers (RSCOC). All hospitals are required to align with the Provincial Cyber Security Operating Model by March 2024 and this province-wide structure will ensure that we are well-supported and have access to expert advice and hands-on assistance should the need arise.



Connecting with the CEO - In Case You Missed It (Continued)

One of our Must Do Can't Fail items, previously referred to as strategic initiatives, is digital transformation and this shift in technology is an important step in our path forward to becoming more digitized as an organization.

I would like to express my appreciation to our IT team for the work that they have been doing to get us set up on Office 365. I know it hasn't been easy and, to date, they have encountered a number of unexpected challenges and delays that have resulted in a lot of calls to our Helpdesk and additional collaboration with TOH.

I would also like to thank each and every one of you for your continued patience with this transition and other anticipated enhancements to come in terms of digital transformation. There are so many milestones yet to come which will help us make progress.

Going forward, the IT team will continue to offer Office 365 training opportunities. If anyone is interested in additional training or if you are having difficulties with the transition to Office 365, reach out to IT by calling extension 8000 or opening a ticket with the Helpdesk. As further changes take place, the information you need will be widely communicated.

Thanks for your patience and understanding, Sabine

September 1, 2023

Just a short message this week to wish you all a safe, healthy and happy Labour Day weekend!

As summer sadly comes to a close, I'm hopeful that most of you were able to take holidays and spend quality time with friends and family, while enjoying whatever activities you enjoy most.

Recognizing that some of you may still have vacation to take, I'm hopeful that we still have a number of weeks of nice weather to enjoy as we head into the fall.

A big thanks to the team from Farmstead Cheesehouse who assisted in serving 355 portions of gelato yesterday as part of our annual end-of-summer Frosty Treat Day. We've heard nothing but positive feedback about how much you all enjoyed this!

Anticipating a ramp up of activity and work over the next several months, we will also be closely monitoring the community and in-hospital transmission of respiratory viruses and illnesses that typically spread around back-to-school time. Already, a number of hospitals in Ottawa are making changes to their masking rules based on the circumstances and we will look to align with others in our region if the situation requires it.

In the meantime, enjoy this summer's last long weekend and I look forward to all the great things we will be doing in the days and weeks ahead.

Sabine

Equity | Diversity | Inclusion

Upcoming Recognition and Celebration Dates

Environmental Services and Housekeeper
Appreciation Week - September 10-16

Grandparents Day - September 10

Rosh Hashanah - September 15-17

National IT Professionals' Day - September 19

National Day for Truth and Reconciliation /
Orange Shirt Day - September 30

October

Occupational Therapy Month

Breast Cancer Awareness Month

CELEBRATIONS

To include a special message in this section, email celebration&recognition@prh.email.

• **THANK YOU!** To everyone who helped out in the Emergency Department Aug. 28th. To my **Emergency physician colleagues**, thank you for helping. To many of our **Surgical colleagues including Drs Lowry, Williamson, Lee, DeJesus, and Garrels and many others** who came to help out no questions asked. To **Drs Johnson and Denis from NRP and Dr. Lavigne** who also helped. And then we had all the **nursing mobilization, lab and DI** were on the ball. **Erin** was there and critical in helping with organization and equipment. Not to mention **nurses from ED, ICU, and the LDR** nurses who came down too. *From Dr. Alison Wookey*

• Beth Brownlee celebrated the **Admin team** for the great work they all did throughout the summer in covering for each other and helping out when needed. The summer went very smoothly because of all their efforts and flexibility. Thank you so much for everything you do! Thank you, *Sabine*

• Melanie Henderson celebrated **Beth Brownlee** for her leadership in completing the proposals on innovative models of staffing this summer. We know how much time and effort went into drafting the proposal and gathering all the necessary information. Thank you for doing such an amazing job! Now we just have to wait for funding approval!! Thank you, *Sabine*

• Scott Coombes celebrated **Sarah Selle** for all of her help with the violence prevention driver. With her guidance, he said he feels the driver is on a good and achievable path! Thank you, *Sabine*

• Celebrating the **3rd Medical and Hospitalist teams**.

“To the Pembroke Regional Hospital Team: We have held a celebration of life for our beloved mom, wife, mother-in-law, sister and grandmother, Loretta Leight. She passed away at PRH on July 18, 2023.

*To the **incredible team on the 3rd floor medicine unit**, we say thank you so much for caring for her, and us, through the most difficult time of our lives. Your team made her as comfortable as possible, and we are so appreciative that her last days were spent near her home in Petawawa.*

*Special thanks to **the many PSW's and nurses** who went above and beyond to ensure her comfort, particularly at the end when she was moved to a peaceful private space to pass with her family by her side. We cannot recall all the names of those who cared for our mom, but we do want to specifically thank **Lynda, Taylor, Caitlyn, Josie, Jaden, and mom's special buddy Maddison** who always came by to say hello, check in, and share her infectious smile.*

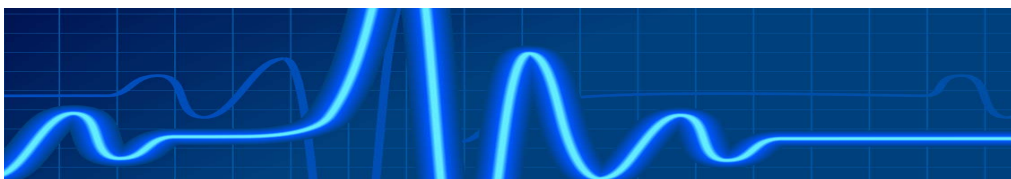
*We are grateful as well to the care **Dr. Boyle** took in providing support and guidance to mom and all of us. He was always careful to make sure we had all the information we needed, and spent whatever amount of time was needed to answer all our questions.*

*Finally, we want to extend heartfelt appreciation to **Michael Peters**, who is simply outstanding. Michael goes well beyond expectations and makes every effort to reach out to each individual in our family, even to this day, to make sure we are doing ok. Michael always takes a gentle, listening approach, and has been a true source of support to each of us. More than he will ever know.*

We are so grateful for all that you do every day to care for patients like mom, and to extend that care to the families around them.

Thank you! Kerry Pond (Loretta's son)”

• The ROP and SHARE staff recently showed their appreciation to the Mental Health Clerical Staff by presenting them with a basket of mums to share at the office (pictured to the right).





Guardian Angels



Nancy Green

"Nancy, I wanted to thank you for all your hard work in the Stroke Prevention Clinic over these past few months. I have appreciated your expertise, kindness, compassion, and your willingness to jump right in and get things done. You have done an amazing job and I am grateful."

Debbie



Presented By



Ticket go on sale
OCTOBER 5TH!



WWW.AUTOLOTTO.CA

www.PRHcatchtheace.ca

Catch the Ace

YOU
COULD WIN!
\$595,000.00

Over half a MILLION dollars!!!!

Estimated Jackpot if the Ace of Spades is caught on September 13th, 2023!!!
Deadline 11:59pm on September 12th

Lottery License RAF#1280643

Tickets are on sale near the Mural Café

Monday—9:30am—4pm

Tuesday—9:30—4pm

- Cash only

Tickets are available at the Foundation office:

Monday—Friday 9am—4pm

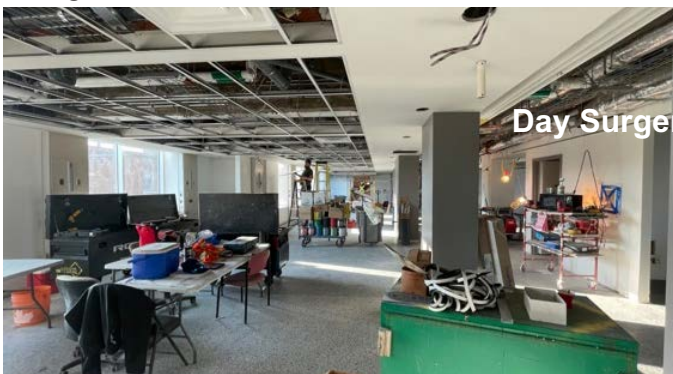
- Cash and Debit
- Please note that the Foundation office closes at 3pm on Tuesdays!

CONSTRUCTION CORNER

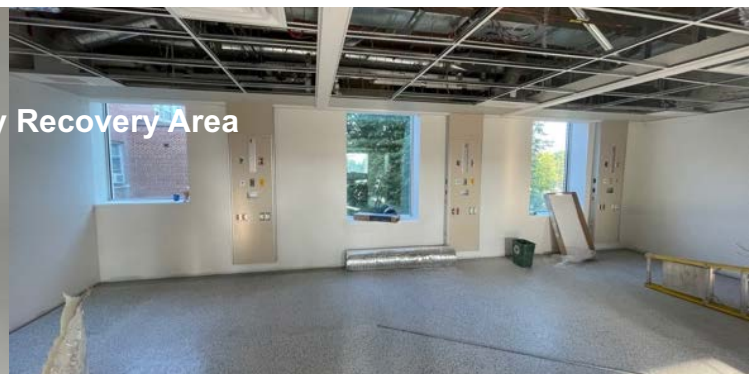
Construction is moving along as expected in all areas.

3rd Floor Day Surgery

- The doors have arrived and are now being installed.
- Terrazzo flooring is now complete.
- T-Bar ceilings are nearing completion.
- Painting is moving along.
- Light fixtures will soon be installed.
- Demolition of the south wing is just about complete allowing the Terrazzo flooring to get into full swing.



Day Surgery Recovery Area



Patient Change Room



Cysto Procedure Room



The old electrical/mechanical systems have now been removed from the south wing.



The new air supply unit.

4th Floor Obstetrics

Renovations are moving along with expected completion within weeks.

Tower B Roof

Although it's very outside, the Tower B roof is nearing completion, with only the metal flashing left to be done by the end of this week, then the solar panels will be reinstalled.



Patient rooms on Obstetrics nearing completion.



South wing (main corridor), 4th floor.



Roof work continues despite the heat wave.



New windows being installed in the south wing.



PRH Staff Association Treat Day

Featuring A Bag Of 1/2 Dozen Of McGregor's Corn



Distribution Time/Locations:
Wednesday, September 13th,
11:30 a.m - 1 p.m.
(The Lunch Box, Tower A, 2nd Floor)

PLEASE TAKE NOTE:

- Everyone needs to pre-order, either as part of a group or individually.
Pre-orders must be submitted by email to pr@prh.email by 4 p.m. September 8th.
All pre-orders must be picked up during the distribution times on September 13th.
Please note that groups who pre-order are responsible for ensuring all staff on their lists:
- are active Staff Association members and are IN THEIR DEPARTMENT
 - wish to receive this month's treat
 - receive their items after pickup





A big thanks to the members of the PRH Team that supported the RCREB (Renfrew County Real Estate Board) Annual Charity Golf Tournament.

The PRH Foundation will receive \$10,000 from this event.

John A. Butler

Pembroke Regional Hospital's

GOT ★ TALENT



We want to showcase the people we have at PRH and the work you do through an informative series of video vignettes.

If you have an interest in being one of those we feature, please email your expression of interest to: carolyn.levesque@prh.email

Please include your name, your department, a brief outline of what you enjoy most about your work at PRH and why you would like to be featured.

Feel supported and connected with your confidential 24/7 Employee Assistance Program, a trustworthy, innovative wellbeing resource



Did you know that the Pembroke Regional Hospital offers you access to LifeWorks? It is an online platform with content and professional support accessible at all times to strengthen your wellbeing. You won't want to miss out on everything LifeWorks has to offer, so join the fun today!

Why you should join LifeWorks

- 1 Get support 24/7, 365 days a year with a confidential employee assistance program (EAP) whether you are expecting a baby, isn't getting along with a neighbour, or feeling overwhelmed at work.
- 2 Get help to bring out your best with hundreds of wellbeing articles, podcasts, tools, videos and more.
- 3 Access self-guided journeys to improve communication, mindfulness, sleep and more with CareNow programs.

Ready to get started? Visit app.lifeworks.com or download the LifeWorks app today in the [Apple Store](#) or [Google Play](#) for convenient access to wellbeing support!

Website: login.lifeworks.com

How to Login

Haven't tried LifeWorks yet? In the platform, click on "Login".

Your username is pembroke and the password is EAP

Call: 1-844-671-3327

"FALL FASHIONS FOR FAMILY & FRIENDS" FASHION SHOW

***FRIDAY, SEPTEMBER 29**
***OUR LADY OF LOURDES CHURCH**
***DOORS OPEN AT 6 FOR DESSERTS, COFFEE & TEA**
***FASHION SHOW BEGINS AT 7:00**
***TICKETS \$20 EACH**
(Available at the Sunshine Gift Shop)
PRH REGIONAL HOSPITAL AUXILIARY

What's the tea

Traditionally, our team shared stories and tidbits in the staff newsletter that highlighted life outside of work.

This included news about weddings, births, special vacations, personal achievements, and other proud moments.

This section is just for that!

We hope that in the coming weeks and months you will submit items to share with your co-workers by emailing them to:

carolyn.levesque@prh.email

• Proud mom moment! I'm excited to share that my daughter, singer/songwriter Sierra Levesque released her debut single "Get Off My Stage" on Sept. 1st. Her song is now available on all music platforms!

Carolyn Levesque (Public Affairs/ Communications)



Focus Group for Persons with Lived Experience and Caregivers



If you live in the Champlain region and have experienced a stroke in the past 3 years, or been a caregiver to a person living with stroke, **we want to hear your story.**



Visit:
strokevoice.com



Or call:
613-798-5555
ext 16219

Take a Break! Have Some Fun!

Looking for something fun to do on your break or lunch? There are now a variety of games available in the bike rack corridor for staff to borrow and use in the cafeteria, on the deck or on the grass just beyond the deck.

Just be sure to return everything when you are done so others can enjoy them.



New Spring Line: PRH Clothing and Accessories



Yoga Jackets (Women's and Men's styles) **\$60**
• Optional embroidery on the right sleeve \$5 extra

T-Shirts (Women's and Men's styles) **\$30**
• Optional embroidery on the right sleeve \$5 extra

Ball cap \$38

** Tax and PRH embroidered logo included in price. Spring/Fall jackets and fleece sweatshirts are still available to order as well.*

Please note that all PRH items are sold at cost. As a result, no additional discounts will be applied.

