



Today's Take-Aways

Emergency Preparedness

- This month's Code exercise will feature Code Amber. An exercise involving a scenario on our Obstetrics unit will take place on Thursday, November 20th at 11 a.m. As always, all staff are expected to understand their role in PRH emergency codes and participate if they are working the day of the drill. Those who aren't involved should take time to review the related policies and procedures.

- While it's not imminent, we will be partnering with the City of Pembroke and other agencies for a city-wide Emergency Preparedness exercise that will be taking place in April, 2026 with a scenario that involves mass casualties and an internal Mock Code Orange. This will be a great opportunity to see how everyone works together in the face of a potential disaster and see what improvements can be made.

Project Horizon

- At today's Management meeting, it was shared that the build of our new Epic platform is about half-way complete which is exciting news!

Some of the next steps towards implementation and go-live include:

- A large scale validation exercise to determine if the information from our current Anzer platform will transfer to Epic properly
- Continued work on the readiness of our existing systems to integrate with Epic
- Planning for the recruitment of approximately 70 Super Users who will be instrumental in the go-live period

- A reminder that there is now a "Project Horizon" Facebook group for staff and physicians that you can join in order to embed Epic updates in your Facebook newsfeed. This will be one of the communication tools that we use for increased communications in the lead up to our go-live date of October 24th, 2026! Also, for any Epic-related questions, now or over the next 11 months, we have a Project Horizon email address – projecthorizon@prh.ca.

Wellness Committee

- You still have time to contribute your favourite recipes to Strategic Pan, the Wellness Committee's upcoming cookbook made by employees, for employees! Whether you're a kitchen wizard, a weekend baker, or just have a go-to dish that always gets rave reviews, we'd love to feature your favorite recipe!

How to join the fun:

- Pick a recipe you love - include recipe name, ingredients and instructions
- Add a short note about why it's special to you (optional but encouraged!)
- Add a photo (optional but encouraged!)

Today's Take-Aways Continued

- Send it to humanresources@prh.email by November 30, 2025

Copies of Strategic Plan will be available for all staff — more details to come!

Let's celebrate our shared love of food and create something delicious together. Your recipe might just become someone's new favorite!

- Members of the Wellness Committee had an early start to their morning November 7th when they rolled out the mobile Pulse Perk-Up Station to visit with our overnight staff - and the response was amazing!

The team offered coffee, hot chocolate and iced chai drinks with all the fixings, complemented with some treats! The enthusiasm from staff was the best part, and they're already looking forward to their next visit!

Departmental Updates

Diagnostic Imaging

- To support us in the transition to a new PAC system at the same time as our Epic go-live, a team from The Ottawa Hospital will be coming for a site visit on November 17th.

- As part of the purchase process for our new CT scanner, members of our DI team are conducting site visits over the next several weeks in a number of locations including Toronto, Boston, Massachusetts and out to British Columbia. Safe travels to the team!

Education

- Those wishing to participate in an upcoming webinar about revised Documentation Practice Standard hosted by the College of Nurses of Ontario (CNO) will have an opportunity to join in onsite.

The November 19th webinar will support the understanding of their revised Documentation Practice Standard which is set to take effect on February 1st, 2026.

The webinar will be available for viewing in Tower D, PRH Meeting Room D202.

Webinar content will cover:

- A clear overview of the revisions to the Documentation Practice Standard
- Highlights of what's new and what remains unchanged
- As well as an opportunity to ask questions and engage with CNO experts

Medical Affairs

- Please give a warm welcome to the newest members of our professional staff:
 - Dr. Sallam Abdel Sallam joined our General Surgery Department on a locum basis on November 12th.

Occupational Health and Safety

- Thanks to all who have already taken the opportunity to get their flu and COVID vaccination for the current Respiratory Illness season.

We are pleased to share that we will be offering a family flu shot clinic on November 30th for those interested. More details to follow.



THE PRH STAFF ASSOCIATION PRESENTS

Christmas

Dinner & Dance

2025

Saturday, December 6, 2025

Germania Hall, Pembroke

*Let's celebrate the
holiday season!*

Tickets

Tickets: SA Members \$20 - Non-Members \$40
Dance Tickets Only: \$10 in Advance

Events

Doors: 5:30PM

Buffet Dinner: 6:30PM

- Schmidt's Roast Beef

Dance: 9:00PM - 1:00AM

- Music by VSM Entertainment
- Prizes
- Pizza Late Lunch
- Complimentary Non-Alcoholic Beverages

Ticket Sales

- Ticket Office 231B - Tower C, 2nd Floor
- On sale from October 30th at 9:00AM to November 27th at 12:00PM
- Dance only tickets will remain available until December 5th
- Pay by Cash or E-transfer to carolyn.levesque@prh.ca

Reserved Seating

- Full tables or single seats will be booked on a first-come, first-serve basis.
- If booking a full table, all tickets must be paid for at the same time to reserve. All tickets are non-refundable.
- For more information, call Andrea @ 7103 or email prh.staffassociation@prh.email.

In Case You Missed It - Highlights From Sabine's Messages

Proposed Amalgamation with The Phoenix Centre for Children and Families

First, an update on our progress with the Phoenix Centre amalgamation proposal. After months of work, I am pleased to share that we submitted our proposal to Minister of Health, Sylvia Jones on October 30th. The Ministry now has 150 days to review the documents, ask questions and request more information.

We believe that our proposal was well written and answered all of the questions that the MOH had for us. Our stakeholder engagement process was extensive and did not expose any concerns or risks and we were able to attach several letters of support to the proposal including one from our MPP. I'm hopeful that the next update will be good news for both of our organizations!



PRH Welcomed Ontario Health's Chief Regional Officer

On October 29th, our Senior Leadership Team welcomed Scott Ovenden, Ontario Health's Chief Regional Officer for Toronto and East regions. This was his first visit to PRH and we took the opportunity to tour him around and provide a comprehensive overview of the great programs and services we provide as well as where some of our challenges lie. He had great things to say about the things that he saw and all of the friendly faces we encountered along the way. Thank you to all of you for making his visit with us a great one!

Grand Opening of Our Chemotherapy and Medical Daycare Space

The evening of October 29th was a time for celebration as we officially opened the newly renovated and expanded Chemotherapy and Medical Daycare space on the 1st floor of Tower D. This ceremony marked the completion of Phase 2 for our Cancer Care Project and was attended by approximately 60 guests including donors, staff, physicians, municipal leaders, Board members and community partners.

It was a wonderful opportunity to showcase this space which has been thoughtfully designed and completely transformed to better serve our patients and their families during some of the most vulnerable moments in their lives.

This new open-concept treatment area allows for more interaction between patients, fostering a sense of community and support while also affording dignity, comfort, and connection.

I want to take a moment to sincerely thank our incredible staff who work in this unit. Their feedback, their insights, and their compassion were instrumental in shaping this space. From choosing the paint colours to selecting the therapy chairs, their voices were heard — and the result is a space that truly reflects the care and empathy that they bring to work every day.

Local resident Michael Blackmore who is one of our chemotherapy patients also praised the staff in some emotional remarks.

He shared how beneficial it is to be able to receive treatment close to home and praised the collaboration between his Ottawa-based oncologists and the health care professionals here at PRH.

As an RN for the past 35 years and a health care leader in the long term care sector, he noted that he knows first-hand what quality care looks like before giving a shoutout to the staff. He shared how, from the moment a patient arrives, they are greeted with "kindness and welcome familiarity that grows with each appointment" and are treated with "compassion, expertise and empathy" which makes the cancer care journey feel more manageable and less isolating.

His remarks were moving and validated that the work our team is doing for local cancer patients is top-notch.

In Case You Missed It - Highlights From Sabine's Messages

Exploring More Ways To Partner With Garrison Petawawa

On October 30th, Beth, Dr. Rowan and I had the pleasure of meeting with Base Surgeon Major Megan St-Aubin and Major Diddier Edoukoj, Commanding Officer of the Garrison's Medical Clinic. This was an opportunity to tour them through some of the areas used by our military personnel while discussing ways in which we might be able to support and enhance our partnership in the future.

Our guests were very open to new opportunities and had great things to say about aspects of our existing relationship including the support their personnel receive from our Diagnostic Imaging team.

Pumpkin Contest

I have to acknowledge and celebrate the incredible work that went into all of the entries in our Wellness Committee's Pumpkin Contest that took place in the cafeteria October 30th.

I was truly overwhelmed and awed by the creativity shown in each and every entry and by the enthusiasm that so many of you had not only for your own entries but for those from other departments.

I can tell you that our entire Senior Leadership Team couldn't stop talking about the efforts even after the fact and the quality of each entry made it incredibly difficult to pick only one winner. I'm thinking we may need to explore the idea of several prize categories in 2026. I already heard some of you talking about ideas for next year!

Take Our Kids To Work Day

I would like to thank everyone who played a part in Wednesday's Take Our Kids To Work Day program that gave 16 local Grade 9 students some insight into a variety of health care professions.

I see the work that goes into coordinating this annual event to ensure that we can offer a robust, educational lineup of interactive sessions throughout the day and I recognize that this comes on top of your day to day priorities. Events like this are part of our broader recruitment strategy and certainly help plant the seed for those in our community who may wish to join our team down the road.

Thanks to each of you for your hand in supporting the health professionals of tomorrow!

New Interim Chief of Surgery

Dr. Rowan recently shared an important leadership update within our medical departments that reflects our hospital's dedication to clinical excellence, collaborations and the highest standards of patient care.

To that end, Dr. Amanda Williamson was named Interim Chief of Surgery effective November 1st, taking over from Dr. Colleen Haney who held that position for the past 11 years. Dr. Haney's dedication to the role was reflected in her involvement through a number of key initiatives for the Surgical program that have helped enhance the patient experience.

When you see her, please join me in congratulating Dr. Williamson and thanking her for her service and dedication to our patients, staff, and community.

Bishop Brehl Tours PRH

On November 3rd, Beth and I were very pleased to welcome in Bishop Michael Brehl and Father Ryan Holly for a tour and overview of our hospital services. This was also an opportunity for the Bishop to meet Dan Cuddy, our new Spiritual Care Coordinator.

Bishop Brehl was impressed with the services we provide and the impact we have on healthcare in the region.

Construction Updates

It's been a few weeks since I have provided a status update on some of our remaining construction projects so I wanted to let you know where we are at with those this week.

Unfortunately, our Tower C Main Entrance Project has experienced a three-week delay involving the application of fire retardant in the ceiling for the Auxiliary's relocated Gift Shop and there have been

In Case You Missed It - Highlights From Sabine's Message

some other delays related to the availability of sub-contractors. As a result, we are now looking at a completion date sometime in February.

In other construction news, you may not be aware that the Pembroke Family Medicine Teaching Unit (PFMTU) is undergoing some renovations on the 4th floor of Tower D involving their patient exam rooms.

While this work is progressing well, there will soon be some plumbing work for the installation of new lines for their washroom sinks and toilets which will require ceiling access on the third floor where our OR Recovery Area is located. To minimize disruptions, this work is scheduled to take place starting the afternoon of Friday, November 14th through Sunday, November 16th. The work will be performed behind an infection control wall barrier under negative pressure however the three rooms in the back will be inaccessible throughout that weekend.

Budget

Lastly, you will have heard in the news that the province tabled its 2025 Fall Economic Statement last week. While it didn't include word of any additional funding for hospitals, the Ontario Hospital Association did release a statement reiterating the significant financial pressures facing the hospital sector and the need for multi-year planning scenarios in order to help hospitals prepare for the future.

There does seem to be some healthcare infrastructure spending allocations in the federal budget which is positive, but I think it's too early to know what that will mean in the end and how our hospital will benefit.

One thing that is good news, is that there have been funding increases announced for Ontario Health at Home. I'm actually in Toronto today at a meeting where Ontario Health at Home's Anna Greenberg talked to CEOs of medium size hospitals about her vision for home care and the government's newly announced 1.1 billion dollar investment.

She emphasized the need to improve how we collect and use data to measure performance. She also highlighted the importance of reviewing key projects - especially those that help patients transition from hospital to home -to guide future planning and investment.

The long-term goal is to build strong, connected care teams that include hospitals, community support services, and other partners. Early conversations have started between Ontario Health at Home and the primary care action team to figure out how to create a more coordinated care system. So good news, but lots more to come.

GovDeals[®]
A Liquidity Services Marketplace



**Our hospital sells surplus items on
GovDeals.ca.**

Check it out to find great deals.

Foundation News

Pembroke Regional
Hospital Foundation



Fondation de l'Hôpital
Régional de Pembroke

Presented By

OK TIRE

Week 22

Catch
the Ace



\$165,000.00

Estimated Jackpot if the Ace of Spades is caught



Alisha Miller, 3rd Medical

"Your moral and ethical consciousness in providing patient care is outstanding and sets the standard for best practice."



**Dr. George Mathew,
Orthopaedic Surgeon**

"Thank you for fixing my fractured hip. I am so impressed with how kind and professional you and your team are."



Cecile Lacroix, Pembroke Outreach Program

"We, the clients at the Pembroke Outreach Program, wish to extend our recognition to Cecile Lacroix for her years of dedicated commitment to all of us. There are no words to express the sense of peace, joy and compassion she shared with each of us. Thank you so very much! Bless you!"



Bailey Lance-Provencal, Acute Mental Health

"The AMH Staff would like to express their appreciation of Bailey Lance-Provencal. Bailey was a supportive staff member on AMH and continued to remain supportive after she transitioned to manager. Thank you Bailey, for all your devotion, long hours and hard work, from all of us to you. Stronger together."



Dr. Kathryn Reducka

"A mere token of appreciation for Dr. Kathryn Reducka's caring, compassionate, professional and excellent care during and after my stay on the Emergency and Rehab floors. What a true Angel she is, much more than a Guardian Angel, might I say a Seraphin, or a Cherubin or a Throne... The kind doctor and other staff members that I intertwined with during my four day sojourn are the reasons that the PRH is our area's hidden jewel...we are blessed and we are in great hands. Thank you and merci!"

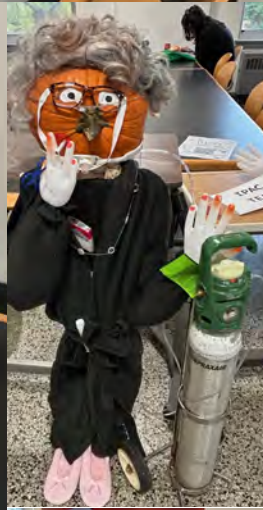


Robbie McLaughlin, Emergency Department

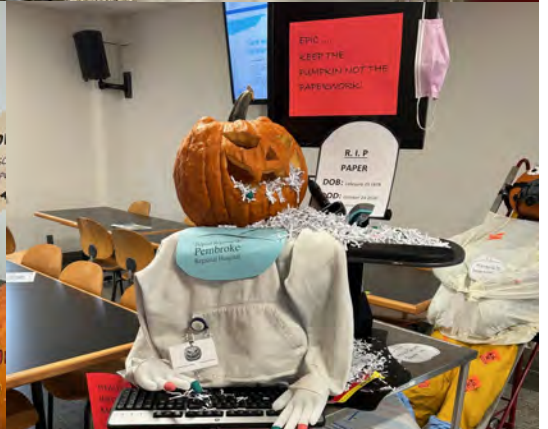
"My aunt was brought to the ED for serious pneumonia and had to stay overnight in Emergency. Robbie her RN nurse was AMAZING! Very attentive, very caring and made us laugh!! He didn't only treat my aunt amazing but even myself! We need more people like Robbie! Thanks for all you do for the people who need it. Your caring and compassion definitely didn't go unnoticed!"

One Final Look At The 2025 Pumpkin Contest Entries





A pumpkin carved to look like a person with a face and a sign that says 'Mental Health'. It is sitting on a desk with a sign that says 'Mental Health' and a sign that says 'Together we care'.



CELEBRATIONS

To include a special message in this section, email celebrationandrecognition@prh.ca.

- Hello **Annette Gorr and Shawn Silver**, I received a really nice, in-person compliment about the two of you. It came from the wife of a patient who is participating in our Cardiac Rehab program. She said the two of you have incredible knowledge and professionalism and that her husband feels very well taken care of. Because of your great approach, he has been changing some of his old habits and following your advice. Thank you for everything you do for our patients! Thank you, *Sabine*
- Jeremy Paplinski celebrated **Jennifer Thrasher and her team** for doing amazing work on the white board compliance! 100% on the last audit- well done! Thank you, *Sabine*
- Beth Brownlee celebrated **Annette Davidson** for her dedication on the TGLN portfolio. She said she is extremely diligent and focused on ensuring we meet the 100% notification target. Thank you so much for everything you do Annette, you are a star! Thank you, *Sabine*
- A huge thank to **Linda Dombroski** for your organization of our chart room on 3rd Medical. Your initiative and skill are so very appreciated. *Dr. Ladd, Dr. Gagne, Dr. Savoie*
- Dr. Ladd would like to recognize **Carissa Saunders** for her exceptional skill and compassion with a higher needs patient on 3rd medical this past week. The extra care she provided did not go unnoticed.
- Thank you **Bethany Gold (Medical)** for collecting specimens as requested from IPAC prior to a patient being discharged. This allowed for them to clear an alert on the patient.
- A heartfelt thank you **Ann (EVS/LDRP)** for her prompt and thoughtful response in cleaning up my coffee catastrophe in my office outside of her department. Her attention to detail and commitment to maintaining a safe and clean environment is truly appreciated. She kept my work interruption to a minimum. *Danielle Rae*
- Celebrating **Trina, Dr. Abutu, Suzanne, Dr. Bzdell and all from Obstetrics** who were involved in assisting a patient with a unique birth plan with minimal interventions during labour. She was very thankful to all for being respectful to her wishes.
- Thank you **Aggie O. from Rehab** for supporting/accompanying an anxious patient to MRI. Her kindness was greatly appreciated. The support she gave the family was very important and encouraged a positive outcome.
- Thank you to the **Core Shift (EVS)** for your hard work cleaning the Green Bins. Hopefully they will get better once they are all cleaned thoroughly. *Colin*
- Thank you to **Denise from our in-house Mulvihill location** for helping with a very complicated discharge prescription. You are one of a kind. *Greatly appreciated by the patient and AMH staff.*
- Celebrating all the **AMH nurses** for the care, dedication and heart that they bring every day. Their teamwork and commitment to their patients makes a world of difference. So grateful for everything you do!
- Thanks from EVS to **the Nursing Team** for removing the disposable drinking cups from patient trays, dumping contents and disposing of them in the patient rooms. This eliminates messes on the floor as the cups don't fit in the slots on the Food Services carts. We are noticing a huge, positive difference.
- Thanks to **Deann, Lindsay, Morgan and others from 3rd Medical** who organized and cleaned up the department supply room. It looks great!
- Celebrating **Deann Carrol on Medical** for fantastic engagements at the Epic huddle discussion. Loved seeing the discussion and great questions. Way to go!
- Thank you **Donna (MDR)** for pulling our cases today and cleaning our instruments so we could keep rolling. You made our heavy day lighter. *Moira and Kalyrn*
- Thank you Lori Ann (HR/Occ Health) for your extra efforts in onboarding SEARCH interns and high school co-op students.

CELEBRATIONS

- Congratulations to **Angela Lemke (Payroll and Benefits)** for a well-delivered presentation on retirement process. It was thorough and well organized. Great job!
- Celebrating **Bradley from Finance** for getting the new Finance Dashboard up and running. Managers and Directors appreciate the easier to use and navigate document you have created!
- Several team members have shared how much they value **Lisa Gravel's** support. She is always checking in on the team, stepping up to cover when needed, and recently jumped in to help in ortho during a busy day. Lisa also looks for ways to improve the clinics, whether it be through Epic training, supporting neurodivergent patients or finding new approaches in Telemedicine. Thank you Lisa for your teamwork, dedication and constant drive to make things better.
- All of the **Finance department** were able to get their monthly tasks done for August month end in a timely manner. This led to us sending our Finance Dashboard to Management before the end of September which they are very appreciative of. Thank you for all of your hard work.
- The Education Team would like to take a moment to recognize and sincerely thank **Paula Adshade** for all the hard work she's been putting in. Her dedication, attention to detail and ability to keep everything running smoothly behind the scenes does not go unnoticed and it makes a real difference. *Caroline and Erin*
- Celebrating **Brooke (Student/Outpatient Rehab)** - for her hard work, dedication, resiliency, willingness to take on new roles and tasks, her ability to adapt and her positivity is appreciated by all staff and patients .
- Congratulations to the **Code Stroke Team in the ED on August 2/3** for running two Code Strokes giving TNK with door to needle times of 45 and 34 minutes. Both patients were transferred for EVT. Well done team!
- Celebrating **Jennifer Shannon (Rehab)** who activated Code Stroke on Aug. 16th. The patient was transferred and received EVT and had functional improvement as a result.
- Thank you to **Nicole (Rec Therapist Rehab)** for showing such passion and motivation in her new role on Rehab. Patients are out of rooms and one can definitely see more smiles since she started.
- "Dear Ms. Mersmann, recently I was admitted to an received outstanding care at the Pembroke Regional Hospital. From the moment I entered I was greeted with kindness, caring and friendliness by **Jeris Johnston**. The compassionate professional aid supported by a meaningful review of my difficulties followed. It was heartfelt!. There are names I've forgotten, however I do want to acknowledge **James, Jill, Brooke, Sharon, Dr. Roy, Trish, Dr. Hurley, Katherine, Alex, Samantha, Lucas, Tressa and Braedon**. If one could foresee the excellent care ahead, I am convinced one would pause and have a little more patience while they wait. With thanks to all the wonderful caregivers."
- **Staffing office** - Thanks for taking on a number of new tasks related to employee leaves. Your efforts are greatly appreciated.
- **Boston Lavoie (Staffing)** - thank you for taking time out of your day to participate in the CGI Scheduling Software discussion with Deep River and District Health. The insights and information you brought to the table were invaluable.
- **Bailey Kehoe** - Project SEARCH - thank you for your efforts and commitment to ensuring Project SEARCH is happening at PRH. This program has a great deal of promise for students and staff.
- **Kevin Heideman (Occ Health)** - For his work on a very complex WSIB case that resulted in staff being brought back into a new position. Staff were so grateful that they gave Kevin a Guardian Angel pin. Well done!

Halloween Spirit Was Alive And Well In 2025





Clinical Education

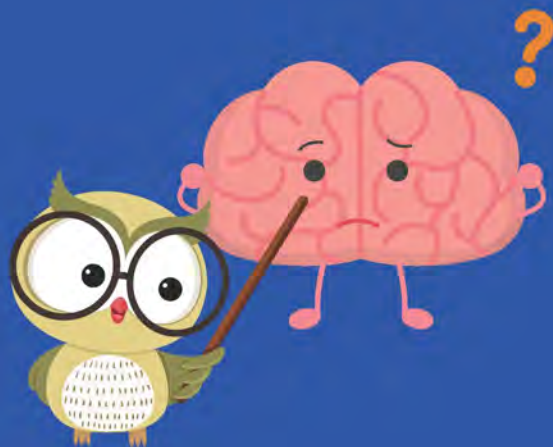
In case you missed it, Delirium Tip 2 & 3!
Stay tuned for more delirium tips over the next several weeks.



TEACHING TIPS -

TIP

3



double
FEATURE



Manager or Delegate - Host a Guided Discussion:

Delirium Prevention - Many medications can contribute to confusion and disorientation in hospitalized patients.

Question 1: Let's focus on sedatives that often are given to confused patients. What are some of the risks of sedative administration? How could sedatives contribute to delirium?



Sedatives can contribute to delirium by decreasing awareness, LOC, & blood pressure and increasing fatigue and mental sluggishness/mental fog.

Sedatives can cause dizziness, confusion, balance and coordination difficulties, slurred speech and increased risk for falls. Administration of sedatives may reduce the symptoms and inadvertently prevent searching for or treating the cause.

Sedatives may increase risk for a respiratory event (e.g. reduced dose in older adults, hypoventilation due to obesity, obstructive sleep apnea, etc).

Sedatives may have additive and unintended sedative effects if given in proximity to other agents that may cause disorientation or dizziness, increasing patient risk (polypharmacy)

What alternatives to sedatives could you use for a patient who is at risk for delirium or who has active delirium?

Manager or Delegate - Host a Guided Discussion:

Q: How does polypharmacy contribute to delirium, agitation and confusion and what can we do about it?

A: Administer medications carefully. Work collaboratively with the physician and pharmacist to identify high-risk medications for older adults and consider de-prescribing (use Beers Criteria list - Lexicomp/ UpToDate). Observe for potential side effects of medications.



Too many meds?

The risk of harmful effects increases when you take more medications.

Medication harms



Drug Interactions



Memory problems



Falls & fractures



Hospitalizations

www.deprescribingnetwork.ca



The Beers Criteria List identifies medications that are “potentially inappropriate” - avoid or use with caution in those 65 or older. Take extra care prior to prescribing, make sure that safer alternatives have been considered and confirm that the likely benefits outweigh the risks



Nurses can help advocate for patients by recognizing higher risk medications that are prescribed for their patient, limiting administration of PRN medications that may be harmful, and advocating for potential de-prescribing.



4 Common medication types that may affect brain function in those over age 65:

- Anticholinergics or meds with anticholinergic effects
 - these meds reduce PNS ability to ‘rest’ and ‘digest’
- Benzodiazepines & non-benzodiazepine sedatives
- Antipsychotics
- Opioids

CONSTRUCTION CORNER

Tower A:

- Cancer Care Project: The condensate heating line and controllers are scheduled to be installed on November 17th.
- The 1st floor rotunda and west hallway were painted.
- Work started on the replacement of the AMH roof.

Tower B:

- Painting was completed in DI this month.

Tower C:

- Main Entrance Project: This project has experienced a three-week delay in the application of fire retardant in the ceiling for the Auxiliary's relocated Gift Shop. Additional delays due to the availability of sub-contractors having it looking like completion might occur sometime in February.

Tower D:

- Pembroke Family Medicine Teaching Unit: Renovations on the 4th floor of Tower D for the patient exam rooms is progressing well with the wall framing completed and the electrical wiring ongoing. Plumbing work for the installation of new lines for their washroom sinks and toilets will require ceiling access on the third floor where our OR Recovery Area is located. To minimize disruptions, this work is scheduled to take place starting the afternoon of Friday, November 14th through Sunday, November 16th. The work will be performed behind an infection control wall barrier under negative pressure however, the three rooms in the back will be inaccessible throughout that weekend.

D'Youville Warehouse:

- Roof replacement is ongoing.

PRH Foundation Selected As The Recipient For The 2025 Tim Horton's Holiday Smile Cookie Campaign!

Holiday Smile Cookies will be available from November 17th - 23rd at all Pembroke and Petawawa locations.

If you would like to help make or sell the cookies, there are volunteer shifts available. Please contact Leigh Costello at extension 6129 for more information.

If you would like to order cookies for your team, bulk order forms are available from Leigh for orders of 25 cookies or more. These orders must be submitted leigh.costello@prh.ca by November 14th at 3pm otherwise your order can be placed directly with the store with 48 hours' notice next week.

To get individual cookies, be sure to stop by your Pembroke or Petawawa Tim Horton's next week and purchase yours while supporting our hospital. If you and your team purchase Smile Cookies next week, please take a photo and send it to Leigh so that we can share your smiles!

Thank you all for your support! It is going to be a fun week!



Upcoming Recognition and Celebration Dates

November

World Diabetes Day Diabetes - November 14th

International Men's Day - November 19th

National Child Day - November 20th

December

Hanukkah - December 14th to 22nd



the PRH Wellness Committee Presents

STRATEGIC PAN

TOGETHER, WE COOK

Created by Employees for Employees

COLLECTING FAVORITE RECIPES SHARED BY OUR AMAZING STAFF -
FROM COMFORTING CLASSICS TO HEALTHY BITES, AND SWEET TREATS!

HOW TO SUBMIT:

EMAIL: HUMANRESOURCES@PRH.EMAIL

INCLUDE:

RECIPE NAME

INGREDIENTS & INSTRUCTIONS

A SHORT NOTE (OPTIONAL) - WHY YOU LOVE IT OR ANY SPECIAL

STORY BEHIND IT

A PHOTO (OPTIONAL BUT ENCOURAGED)



SWEET
Sugar

TAKE AN ENERGIZING BREAK

Enjoy a moment of relaxation in the **Recharjme** cabin,
compliments of **Pembroke Regional Hospital**.

An immersive and revitalizing experience awaits you.
Reenergize in a soundproof cabin equipped with a heated,
vibrating, zero-gravity chair, light therapy, and relaxation
programs designed for ultimate comfort.



Enjoy a break...

Massage Chair

Light Therapy

Nap

Meditation



Free to use
for all
staff.

Service available
in the corridor
beside the
Foundation office -
1st floor in tower A

1. Download the free
mobile app on



2. Scan QR code on outside of
the cabin to start registration.



3. Book a session on the
mobile app



SHOP.TICKETS.TRAVEL.



Show me the **perks**



Register to get access to **5,000+ exclusive perks**

How to Register

- 1 Scan to go to perkopolis.com
- 2 Enter your corporate email address
- 3 Look for an email from us with a link to complete your registration.



Save on everyday purchases and so much more

Your employer has partnered with Perkopolis, so you can save more on everything from clothes and groceries, to events and travel. This perks program is free for you, so start enjoying members-only offers today.

WESTJET

CINEPLEX

SAMSUNG



HELLO
FRESH

AVIS

Lenovo



IHG HOTELS & RESORTS

Vitamix

Why CAA as an Employee & Member Benefit?

To join, email groups@caaneo.on.ca or call 1-800-267-8713



At CAA, we understand the unique preferences of employees & members when it comes to benefits, and we go beyond the standard offerings by checking all the boxes for you. Life isn't one-size-fits-all, neither is CAA - ensuring personalized solutions for every employee & member.

- ✓ Recognized and trusted brand
- ✓ Well rounded inclusive offerings. Something for everyone.
- ✓ Provides good value for the money
- ✓ Provides day-to-day cost saving benefits
- ✓ Offers a wide variety of services, deals/ discounts
- ✓ Provides benefits to family members
- ✓ Easy to implement, turnkey solution. Our customer service team handle all the details and management for you.

How much did North & East Ontario Members save overall in one year by using their CAA Memberships?¹

AVG. INDIVIDUAL SAVINGS

AUTO AND HOME INSURANCE	\$279
TRAVEL INSURANCE	\$44
DULUX PAINTS	\$58
SHELL CANADA	\$62 ¹
SWISS CHALET	\$13
AIRPORT PARKING	\$55 ²
VIA RAIL	\$43
OTTAWA SENATORS	\$53
CAR RENTALS	\$38 ³
MONTANA'S BBQ & BAR	\$14

The average individual Member* saves **more than four times the cost** of the highest CAA Membership!

\$659

Member Paid - MP			
Coverage		Without Tax	With Tax
Everyday (MPREW)	Primary	\$28.00	\$31.64
	Associate	\$28.00	\$31.64
Classic	Primary	\$113.00	\$127.69
	Associate	\$78.00	\$88.14
Plus	Primary	\$135.00	\$152.55
	Associate	\$103.00	\$116.39
Premier	Primary	\$165.00	\$186.45
	Associate	\$135.00	\$152.55
RV	Primary	\$170.00	\$192.10



- ✓ Reserve ahead and save
- ✓ Lowest rates available on the app or online
- ✓ Optional detailing and oil change services
- ✓ Optional EV charging at select locations

Pembroke Regional Hospital Reserve and Save on Airport Parking

With a network that spans coast to coast, Park'N Fly is focused on providing travellers with cost-effective parking options while enjoying a park happy experience with every stay. To access your member discount and save you have three options:

1. **Reserve via Park'N Fly App:** Easily reserve your next parking stay using the Park'N Fly app by adding your discount code to your profile. Plus, save your payment information to your reservation and you'll be able to check in and out from the convenience of the app. Download today or click to learn more at www.parknfly.ca/app.
2. **Reserve as an Existing Park'N Fly Rewards Member:**
 - Sign into your Park'N Fly Rewards account using the Park'N Fly app or online at parknfly.ca and reserve your next stay.
 - Rewards Members: Be sure to complete your vehicle drop off and pick up in the app - every completed stay will qualify you for more status and rewards!
 - **Not a Park'N Fly Rewards Member?** Enroll on the Park'N Fly app or at parknfly.ca/rewards. The more you park, the more you earn!
3. **Reserve Online:** Click **RESERVE ONLINE** (to the right), select your preferred location, and enter your travel dates and times along with your discount code, to reserve your next parking stay.

Park'N Fly Rewards
Join/Log In

Discount Code
967682

Enter when reserving
at www.parknfly.ca

Plus, earn valuable Aeroplan points on every eligible stay. *

AEROPLAN 

PARK'N FLY
RESERVE ONLINE

Vancouver • Edmonton • Winnipeg • Toronto • Ottawa • Montreal • Halifax

Association rates are discounted off regular rates. Various conditions apply. Rates are subject to change. Discount cannot be combined with any other offer or discount and must be reserved in advance. Park'N Fly Rewards Program and app are not applicable in Halifax. The Park'N Fly mobile app is required to be a member of Park'N Fly Rewards. Park'N Fly Rewards program benefit eligibility will be determined by member tier. Eligible members must redeem available points during the reservation process. Eligible points accumulated prior to or before December 31, 2023 will be available for redemption in the new Park'N Fly Rewards program in 2024. Current Park'N Fly Rewards members will be required to confirm their acceptance into the new program and confirm their personal information. As of January 2024, Park'N Fly Rewards point earnings will be available to qualifying members who meet the minimum number of defined parking stays within the qualifying time period. Conditions apply and program details are subject to change. Please visit parknfly.ca and enter discount code to validate rates. Taxes, surcharges, and car care services are excluded from corporate pricing. *Aeroplan not available at Montreal location.

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