



## Today's Take-Aways

### PRH Wellness Committee

- The Wellness Committee is excited to kick off its first initiative - Stepping into Fall! Tracking officially began on July 28th, and we're thrilled to have 96 participants already stepping up for wellness. If you haven't joined yet, it's not too late - steppers can join us anytime along the way.

All participants will be entered to win a prize, and our top stepper will receive a pair of running shoes valued up to \$150. Let's step up our wellness together and make movement part of our routine!

To join or learn more, email [humanresources@prh.ca](mailto:humanresources@prh.ca).

### Departmental Updates

#### Environmental Services

- Please note that there are two staff washrooms location on the second floor of Tower A. One is located in South Wing linen and equipment room (238.1) and the other is located in the West Wing housekeeping room (222.1). We ask that you not use patient room washrooms on that floor.

#### Human Resources

- Welcome to the team! Here is a list of those who joined us in July:

Nicole Goldberg (Rehabilitation), Noelle Green (Scheduling/Special Projects), Blake Bramburger (Food Services), Hana Churchill (Acute Mental Health), Jennifer Maitland (Rehabilitation), Shannon Luckovitch (ICU), Rebecca Langille (Clinical Resource), Jordyn Gould (Nursing Administration), Robert Wynja (Mental Health Services), Jack Nethercott (Decision Support), Madison Granter (Surgical), Brianna Tracey (Medical), Samantha Cooney (Rehabilitation), Drashti Patel (Rehabilitation)

#### Medical Affairs

- Please give a warm welcome to the newest members of our professional staff:

- Dr. Jamie Ghossein joined our Critical Care (ICU) department on a locum basis August 4th.

- Dr. Yongjian (Jack) Zhang joined our Anesthesia Department on a locum basis August 5th.

- Dr. Madeleine Nolan (previous Pembroke Family Medicine Teaching Unit) will be joining the Hospitalist/ED - Zone B departments on a locum basis starting August 11th.

#### Mental Health Services

- Celebrating Our People, One Birthday at a Time! At Mental Health Services of Renfrew County, we believe in celebrating the people who make our work meaningful. That's why our team has launched a new monthly birthday celebration initiative across all our office locations!

Each month, we gather to recognize and celebrate the birthdays of team members - whether with a shared cake or a cheerful potluck. It's a simple gesture that's already bringing smiles, building

## Today's Take-Aways Continued

community, and creating moments of connection.

We invite other departments to join us in spreading a little joy. After all, everyone deserves to feel special on their birthday! Want to learn more or start something similar in your team? Reach out to Melissa MacDonald (melmacdonald@prh.ca) for tips on getting started.

- Clients who are involved with our Community Mental Health Outreach Program enjoy a wide variety of activities that offer therapeutic benefit. One of these involves the Community Garden located at the corner of Deacon Street and River Road in Pembroke where they have three different beds available for planting. Thanks to the generosity of the Pembroke Horticultural Society who have donated seedlings for the gardens, clients were able to do the planting and are now maintaining the beds while learning about various plants and their growth.

This fall, it is hoped that the crops will yield a variety of fresh fruits and vegetables to be shared and enjoyed amongst the client group.



- Mental Health Services of Renfrew County (MHSRC) has partnered with the Renfrew County District Health Unit (RCDHU) to implement a naloxone distribution program. The goal of this program is to increase the availability and distribution of naloxone kits to priority populations, including clients at risk of opioid overdose and/or friends and family members who may respond to an overdose.

Naloxone kits are available for distribution at the following locations: Pembroke Carefor office, The Transition House, Renfrew office, Arnprior office, and Barry's Bay office.

### Operating Room (OR)

- The OR summer slow down is a great time to provide some education updates for staff. Clinical Educator Erin Van Allen hosted an ECG rhythm refresher for staff this week. Thanks Erin!



PLEASE JOIN US AS WE  
CELEBRATE THE RETIREMENT OF  
SPIRITUAL CARE COORDINATOR  
GARRY ENGLER



Wednesday, August 27<sup>th</sup>

Drop by any time between 2 and 3 p.m.

The Lunch Box, Tower A, 2<sup>nd</sup> Floor

*Retirement Reception*

Light Refreshments Will Be Served

## **Why Epic? A Smarter Way to Care**

1. Unified Patient Records - *Epic* consolidates patient information into a single, easy-to-access record. This means less time searching for data and more time focusing on care.

2. Improved Communication - *Epic* enables seamless communication between departments and providers. Everyone stays informed, reducing errors and improving coordination.

3. Streamlined Workflows - *Epic* automates routine tasks and integrates scheduling, documentation, and billing. Staff can work more efficiently and reduce administrative burden.

4. Enhanced Patient Safety - With built-in alerts and decision support tools, *Epic* helps prevent medication errors and ensures compliance.

5. Better Data for Better Decisions - *Epic* provides powerful analytics and reporting tools. Staff can track outcomes, identify trends, and make informed decisions to improve care.

6. Patient Engagement - *Epic's MyChart* portal allows patients to view their records, schedule appointments, and communicate with

7. Future-Ready Technology - *Epic* is continuously updated and scalable. It supports innovation and adapts to the evolving needs of healthcare organizations.



**Coming October 24, 2026**



# NINE & DINE 2025

**ISLAND BRAE GOLF CLUB**

**7388 RTE 148, CHAPEAU, QUEBEC JOX 1M0**

**SUNDAY, 7 SEPTEMBER, 230PM**

**Deadline to  
purchase:  
August 29**

**\$50**

LIMITED QUANTITY

STAFF ASSOCIATION  
MEMBERS RECEIVE A  
\$10 SUBSIDY AT  
EVENT

No Refunds  
No Exceptions  
(Unless event  
cancelled)

REGISTER AS A TEAM OF 2 OR 4 (OR A SINGLE - WE'LL PAIR YOU)  
COST INCLUDES 9 HOLES, POWER CART, AND CATERED DINNER  
SHOTGUN START: 300PM

Register here: <https://forms.office.com/r/5JGvTXuQDG>  
Questions? Contact [prh.staffassociation@prh.ca](mailto:prh.staffassociation@prh.ca)



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

## **Welcome To Dr. Leafloor**

*I want to personally extend a warm welcome to Dr. Cameron Leafloor who is now working in our Emergency Department and ICU. Already nearing the end of his second week at PRH, he has been extremely busy in the ICU and I want to express our appreciation to him for his efforts and for covering some extra shifts along the way.*

## **A Bittersweet Announcement From Our Spiritual Care Coordinator**

*As we welcome Dr. Leafloor, we are getting ready to bid a fond farewell to Spiritual Care Coordinator Garry Engler who will be retiring at the end of August after approximately seven years at PRH.*

*Garry's departure will indeed be bittersweet as he makes plans to enjoy a new chapter in his life while leaving a noticeable gap in our organization. As we begin the process of finding a replacement for this important role in our care team, we will enjoy these last few weeks that Garry is with us and celebrate him at a Retirement Reception on August 27th.*

## **An Accreditation Canada Surveyor Among Us**

*I want to congratulate Beth Brownlee, Vice-President of Clinical Services and Chief Nursing Executive on her successful application to become a surveyor with Accreditation Canada. While she still has a few additional steps to complete before participating in her first survey, she's well on her way. Her experience in this new role will serve as a tremendous asset for our organization and we look forward to learning from others through the findings she will be able to share.*

## **Code Grey Debrief**

*With the urgency of our latest Code Grey and cybersecurity incident now behind us, we are taking some time to review our response to the event, assess what worked well and where improvements could be made should we ever be met with a similar incident in the future.*

*As part of this, we will be circulating some short surveys that will enable the collection of feedback from those directly involved as well as opportunities to provide more detailed narratives of individual experiences.*

*All of this will help shape an internal document and reference tool that we will be able to use as part of our Emergency Preparedness program.*

*If you receive one of these surveys, please take a few moments to complete it and provide as much feedback as possible so that we can identify areas for enhancement.*

## **Construction Update**

*I am very pleased to share that we now officially have occupancy of the last few rooms which were being renovated as part of our Surgical Construction Project. These are the offices and meeting room in the space that formerly housed our MDR team.*

*We are currently in the process of ordering furniture for both these new areas and the additional rooms that were created in Tower D as part of the final phase of the Cancer Care Project so this is great news!*

## **OPP Safety Walkthrough Of Our Emergency Department**

*As part of a recommended risk assessment for our Emergency Department, we welcomed in Ontario Provincial Police Staff Sergeant Chris Miller on Tuesday for a safety walk through in order to gather feedback on ways we might be able to enhance staff and patient safety. Staff Sergeant Miller who was very helpful and provided great advice, reviewed our existing ED Action Plan then conducted a visual*



*inspection of our department and surrounding areas.*

*As a result, several observations and suggestions were shared for consideration. These focused on:*

- Improving visibility and sightlines at key entry points and within high-risk areas.*
- Enhancing the safety and functionality of specific rooms.*
- Securing the nurses' station.*
- Expanding surveillance and emergency response tools.*
- Establishing clear emergency protocols with an emphasis on initiating internal responses before contacting police due to variable response times.*

*These suggestions will now be reviewed by our ED Action Plan Committee for feasibility and alignment within our existing plans for safety related to the Emergency Department. As always, staff feedback will be welcomed as part of this process.*

### ***PRH Staff Conduct Site Visit At Waypoint Centre For Mental Health Care***

*Lastly, I wanted to share that four members of our health care team – Brent McIntyre, Bailey Lance-Provencal, Cheryl Summer and Sarah Selle recently visited the Waypoint Centre for Mental Health Care in Penetanguishene Ontario as part of a site visit in order to learn more about various aspects of this specialized mental health facility.*

*In particular, they were interested in learning about some of the physical architecture as a Schedule 1 facility, and their philosophy around care of our most vulnerable population.*

*Waypoint's staff were very welcoming, open to questions and informative, enabling our team to return with great enthusiasm and lots of ideas and information.*

### ***Status Of 2nd Medical***

*I want to provide an update about the status of 2nd Medical which was vacated and freshened up when our Surgical patients moved back to 3A.*

*Given low occupancy rates in our Medical program, and the need for our patient care team to be split between 3B and 2A if we were to reoccupy that space, we have agreed to delay a patient move-in to 2nd Medical indefinitely.*

*This decision was not made lightly and followed significant discussions at the Senior Leadership table.*

*In the interim, we will be looking for other ways to utilize the space which could include the accommodation of support services for our Medical program. I will share more details as they become available.*

### ***An Update On The Purchase Of New Hospital Scrubs***

*As you may recall, we made a decision some time ago to purchase a new supply of hospital-owned scrubs for those in departments where these are provided.*

*We had hoped to have these well in hand by now, but we were advised by the manufacturer that production is taking longer than typically expected due to a high volume of orders and the availability of raw materials.*

*In addition, a number of other factors have impacted manufacturing including delays at the ports for loading and offloading of materials due to labor shortages and issues around tariffs for goods.*

*All of this to say that we are hoping to see their arrival sometime in mid to late September based on the timing we have seen with other shipments.*

*Knowing that many of you look forward to having some new work wear, I appreciate your patience and also look forward to being able to update you with news that the scrubs have arrived!*

### ***Ontario Health Teams To Help Ensure All Residents Are Connected To Primary Care***

*In provincial news, I'm excited to share that Ontario Health Teams (OHTs) have been given a pivotal*

role in transforming how primary care is delivered. Coupled with a \$235 million investment, over 130 new and expanded primary care teams will be launched to connect 300,000 more Ontarians - especially those in underserved communities - to the care they need, and OHTs will be at the heart of this effort, helping patients navigate the system with greater ease, compassion, and continuity.

OHTs will also work with Ontario Health atHome Care Connectors in order to match patients on the Health Care Connect waitlist to available family physicians, nurse practitioners or primary care teams, initially leveraging existing primary care capacity.

With a couple of local proposals submitted for primary care team expansion, we are hopeful that good news may be coming soon for our communities!

### **Celebrating The Graduation Of Our PFMTU Residents**

This year's graduating Residents from the Pembroke Family Medicine Teaching Unit were recently treated to lunch at Zaytouna by some of the lead physicians. The owner graciously provided a complimentary dessert for everyone as a thank you for their contributions to our community. It is wonderful to see how the community supports our recruitment efforts through these various acts of kindness that do not go unnoticed.

I'm very pleased to share that most have chosen to stay and practice locally, a true testament to the recruitment success of this amazing program. In the accompanying picture, I've shared, where applicable, the post-graduation plans for some of them.



Pictured from left, are Dr. Richard Johnson (PFMTU Postgraduate Director and FHO Lead), Dr. Taylor Wilkins (Family Practice in Mattawa), Dr. Declan Rowan (PRH Chief of Staff), Dr. Elisa Christinck (Graduating Resident), Dr. Erin Ferrier (Renfrew County Practice Locums, Hospitalist, ED and newborn care), Dr. Sylvie Cantin (PFMTU) and Dr. Madeleine Nolan (Renfrew County Practice Locums, Northern Ontario Practice Locums, Surgical Assists, ED and newborn care). Missing from the photo is Dr. Doniya Quenneville (Family Practice in Deep River).

### **Renfrew County HART Hub**

The development of the HART Hub is making great progress with our own Molly Fulton at the helm of the implementation. Soon you will be seeing various organizations – including ours- posting some positions for the next steps of HART Hub development.

## **CELEBRATIONS**

**To include a special message in this section, email [celebrationandrecognition@prh.ca](mailto:celebrationandrecognition@prh.ca).**

- Celebrating the **EVS team** for the great job on the slate flooring in Tower B as well as all the work they are doing to clean the terrazzo in Tower C. Every time I walk into Tower C, the floor looks better! I know this is hard work. We really appreciate it! Thank you, *Sabine*

- Expressing my appreciation to **Debbie Brazeau, Food Services**, for her help with my flat tire July 15th. Her optimism was the best part of my day! *Patty Keon*

- When a catering order was unexpectedly missed for last week's corporate orientation, **Darlene Keuhl and Lauryn Martin** stepped up without hesitation. Their compassion, collaboration and unwavering commitment turned a stressful situation into a success, ensuring our new hires felt welcomed and well cared for. Thank you both for demonstrating true service excellence under pressure! *Virginia Normille*

- The IPAC team would like to celebrate **Sarah Barber**. After completing the ARO screening on a new admission, she identified the need to r/o CPE on the patient. She ensured they were on contact precautions and notified the IPAC department. Thank you, Sarah, for your continued efforts to keep the staff and patients safe.

*PRH SUNSHINE GIFT SHOP'S*

***"SUPER  
SUMMER SALE"***

***JULY 50% OFF***

*begins JUNE 26TH*

***AUGUST 60% OFF***

*the REGULAR price of  
all merchandise (no  
additional discounts)*

*\*EXEMPTIONS- cards, books,  
snacks, flowers, tv rentals*



**PRH Staff Association Treat Day**

**Featuring A Pint Of Hugli's  
Freshly Picked Blueberries.**

**Distribution will take place:**

**Tuesday, August 12th**

**11:30 a.m. - 1 p.m. In The Lunch Box**

**Please note that everyone - groups and individuals.  
need to pre-order for this event.**

**Pre-Order Deadline - Monday, August 4th, 4:30 pm**

**All Pre-Orders Must Be Submitted Through Forms**

**<https://forms.office.com/r/Xyi6iC67M3>**



**To Assist With The Pre-Order Process, Please Note The Following:**

1. Everyone needs to pre-order in order to ensure that we order an accurate quantity.
2. If pre-ordering individually, please note that you will need to pick up your order. It won't be placed with existing group orders.
3. Be sure to include correct and current first and last names on pre-order lists.
4. Please ensure that those on group lists are still in your department and want to be part of the group order.
5. Please confirm that those on your list would like the treat of the month.



# Foundation News

Pembroke Regional  
Hospital Foundation



Fondation de l'Hôpital  
Régional de Pembroke

Presented By

**OK TIRE**

**Week 8**



**\$44,000.00**

Estimated Jackpot if the Ace of Spades is caught

**Elias Kefalas, RPN**

"I am writing to all of the wonderful people who cared for me, helped me, answered all my questions, kept me safe and truly looked after me before, during and after my knee replacement surgery on April 14. All of the nurses and medical staff on the floor were so lovely and kind! I felt comfortable and very well looked after. All the OR doctors, internists, nurses and the anesthesiologist took the time to learn about my muscular disease so that everything could go smoothly. From the bottom of my heart, thank you all so very much for all you did for me! I will never forget any of you!"



**Jessica O'Connor, Rehabilitation Assistant**

"Thank you for all the excellent care and concern of my well-being."

**Cassidy Thompson, Emergency RPN**

"Cassidy is an RPN whom I have had the privilege of working with in the ER. Her dedication to patient-centered care, her infectious smile, her willingness to help others and her strong work ethic make her an asset to the ER. Thank you for your dedication to your patients, your profession and to the ER team. It is truly appreciated."



**Kristie Warren, RPN**

"Kristie, thank you for the care and compassion you showed our family during Corinne's final hours. Your kindness and gentle presence brought us so much comfort, and we're truly grateful for the way you looked after her and supported us through such a hard time."

**CARING**  
*from the*  
**CORE**

PAYROLL DEDUCTION PROGRAM



*Thank you* to our generous team members who support the **Pembroke Regional Hospital's** highest priority equipment needs through payroll deductions!

**Join Today!**

[PRHfoundation.com](http://PRHfoundation.com)



## Giving Back To Our Community

Let's help myFM fill the shelves in  
our local food banks.

We will be collecting donations of non-perishable food items  
and personal hygiene items between now and August 13<sup>th</sup>.

Collect as a department or individually.

All donations can be brought to  
A128 next to the Foundation or  
A116 in the Administration corridor.



## PRH Hospital-Wide Frosty Treat Day

Featuring A Small Cup Of  
Kawartha Dairy Ice Cream Or Sorbet  
Assorted Flavours and Toppings Available While Supplies Last

**Thursday, August 14th**  
1-4 p.m. in the Lunch Box

This staff appreciation event is hosted by the Pembroke Regional Hospital.  
No pre-orders are required.

### PLEASE NOTE

- For teams who work offsite and are unable to pick up, Managers are encouraged to make arrangements for the purchase of a similar treat and email [pr@prh.ca](mailto:pr@prh.ca) for reimbursement.
- Frozen treats for evening and night staff will be delivered and will need to be kept in freezer storage.



### On site ice cream and sorbet flavours:

- Ripe Raspberry Sorbet
- Death by Chocolate
- Moose Tracks
- Sugar Shack Maple
- Dockside Cappuccino

# STEPPING INTO FALL

## July 28 to September 22



**Bi-Weekly Leaderboards, Friendly Competition, and New Running Shoes For Our Top Stepper**

How to Join:

- Sign up by emailing [humanresources@prh.ca](mailto:humanresources@prh.ca)
- Tracking starts July 28, 2025
- Use your preferred step tracker
- More information will be provided after you sign up

**Let's Step Up Our Wellness Together!**

The PRH Wellness Committee is excited to announce the launch of our very first initiative: **The “Stepping Into Fall” Step Challenge!** 🍁

Get ready to lace up your sneakers and join us in a fun, friendly competition to boost your wellness and stay active this season.

The challenge will run from July 28 to the first day of fall, September 22.

Full details will be provided once you sign up.

**To sign up**, please email [humanresources@prh.ca](mailto:humanresources@prh.ca) with your:

- First and last name
- Department
- Method of tracking your steps (e.g., phone app, smartwatch, pedometer)

**All participants will be entered into a draw to win a secondary prize!**

**The highest stepper will receive a new pair of running shoes (up to a max. value of \$150).**

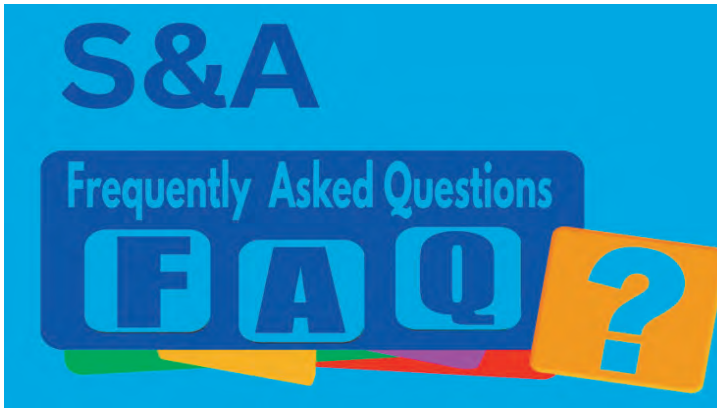
If you require an accommodation to participate or you would like help locating a method of tracking steps, please reach out to [coursmith@prh.ca](mailto:coursmith@prh.ca).

**Let's step into fall together!**

## Thank You Cobden Civitan Club

A huge THANK YOU to the Cobden Civitan Club and the generosity of those involved in their charity golf tournament that enabled them to be able to contribute \$4,000 towards the purchase of our new CT scanner.





Thanks to your valuable feedback, we've updated how we issue automated shift offers for available shifts:

Automated shift offers for all vacant shifts for the schedule period are now issued on Tuesday following the posting of the schedule. Please update your availability if you wish to receive automated shift offers for vacant shifts. Shift offers for unplanned vacancies are issued as soon as they are communicated to the Staffing office or Clinical Resource.

Automated shift offers can remain open until 24 hours prior to the start of the shift. Same day automated shift offers can remain open until 2 hours after the start of the shift. Shift bids are awarded in accordance with the respective local collective agreements.

You can view and bid on shifts for the entire posted schedule by logging into S&A or the mobile app. We're Listening!

We're always looking for ways to improve your experience with S&A and the mobile app. If you have any suggestions for feedback, please email the Staffing Team at [hr.staffing@prh.ca](mailto:hr.staffing@prh.ca).



**Our hospital sells surplus items on  
GovDeals.ca.  
Check it out to find great deals.**

## **Upcoming Recognition and Celebration Dates**

### September

Labour Day - September 1

Grandparents Day - September 7

World Suicide Prevention Day - September 10

Air Ambulance Week - September 9-15

Environmental Services and Housekeeper  
Appreciation Week - September 14-20

National IT Professionals' Day - September 16

National Rehabilitation Day - September 20

Rosh Hashanah - September 22 to 24

Franco-Ontarian Day - September 25

National Day for Truth and Reconciliation / Or-  
ange Shirt Day - September 30

### October

Occupational Therapy Month

Breast Cancer Awareness Month

# TAKE AN ENERGIZING BREAK

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

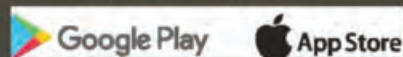
An immersive and revitalizing experience awaits you. Reenergize in a soundproof cabin equipped with a heated, vibrating, zero-gravity chair, light therapy, and relaxation programs designed for ultimate comfort.



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.

