

Today's Take-Aways

Please note that, due to scheduled vacation time, the May 1st edition of The Pulse has been cancelled. The next edition of The Pulse will instead be published on May 15th.

Internal Fundraisers

- The Food Services team would like to thank everyone who contributed to the success of today's bake sale in support of their co-worker Crystal Kelly who lost her home to a fire earlier this year. A total of \$1,728 was raised.

- Mary-Lou O'Connor of Environmental Services would also like to thank all those who contributed to the raffles in support of her grandson Kate who has experienced significant health challenges since birth.

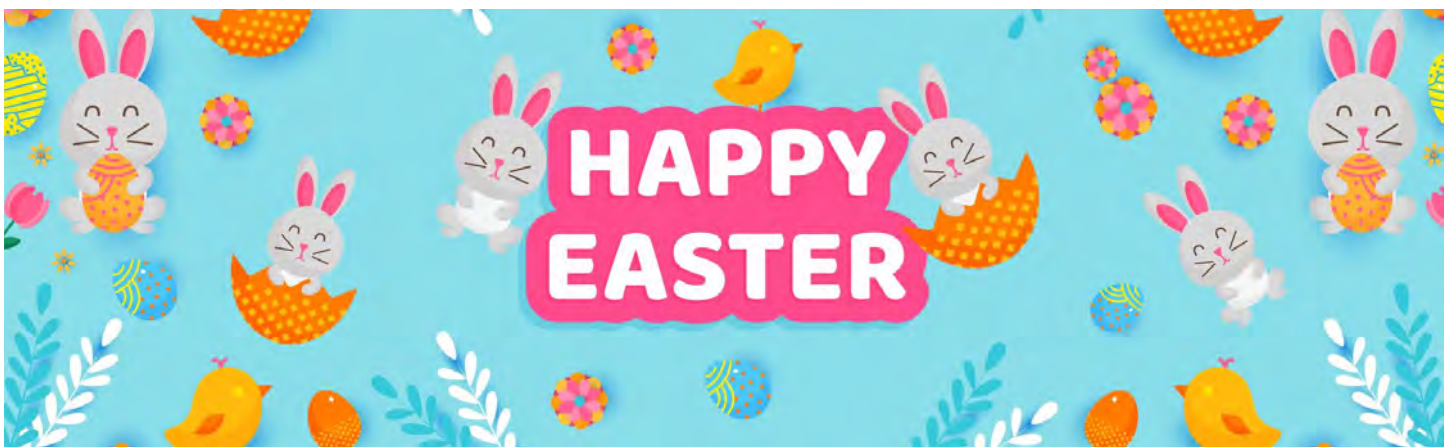
Her gratitude is extended to Food Services staff for selling the tickets, and to Lori Burskey and Lori Trenhaile who helped with the basket.

Brenda Ward of Food Services won the Scratch Ticket basket and Debbie Brazeau of Food Services won the blanket.

Lunch with the CEO

- This past Tuesday, Sabine was joined by a couple of staff for lunch and conversation. Discussion points and shared information included the following:

- Surgical staff are enjoying the renovated space and having the availability of bedside vitals. There are some challenges around the space for the nursing desk and the Med room as well as supply and equipment storage. It was noted that these challenges are in the process of being looked at and addressed.



Today's Take-Aways Continued

- It was shared that there has been a significant increase in the number of imaging visits in DI, in fact, a 10% increase over last year already. It was noted that this is great but is also resulting in some increased pressure on staff and physicians.

- A number of positive comments were shared about the hospital's communication tools including The Pulse and the weekly CEO message.

- It was also noted that staff appreciate seeing celebrations at the department level which lift peoples' spirits.

- A question was also raised whether we could have the AMH patio lights on the trees lit year-round. We are going to look into whether or not that's feasible.

If you would like to be part of an upcoming lunch session in order to share your ideas and feedback, please put your name forward by email to carolyn.levesque@prh.ca.

Departmental Updates

Administration

- We are pleased to share that a new PRH letterhead template is now available. This will be available through Stores just as the previous version. Please ensure, going forward, that only the new version is used.

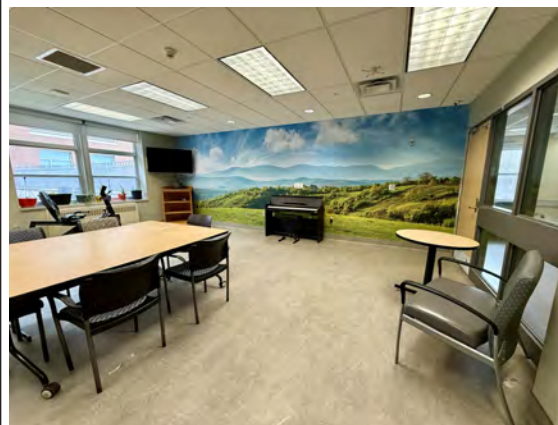
Acute Mental Health

- The team is excited to share that a beautiful new wall mural has been installed in the patient lounge on the unit. As you see in the pictures below, it depicts a calming outdoor landscape.

Staff selected this image for a number of reasons including its vibrant colours and imagery that radiates a sense of hope, positivity, and renewal. It was hoped that the mural will enable patients to feel less confined in a clinical space and more optimistic about their journey towards mental wellness.

One staff member noted that the "cheerful tones of the mural can contribute to a soothing atmosphere, which is essential for reducing anxiety and promoting emotional well-being. For the staff, it serves as a visual reminder of the bright moments we strive to create for our patients each day. In essence, this mural has the potential to become more than just art on the wall - it can be a daily source of comfort, inspiration, and a gentle encouragement to keep moving forward.

Already patient reactions have been positive, with many finding the imagery to be calming, peaceful and nice to look at.



Infection Prevention and Control (IPAC)

- Measles continues to be an ongoing concern within the province. To date in 2025, a total of 804 measles cases (692 confirmed and 112 probable) have been reported in Ontario.

Today's Take-Aways Continued

It should be noted that:

- Immunization is the best way to protect against measles. Individuals travelling outside of Canada should ensure they are adequately protected prior to travelling.

- If an individual's immunization records are unavailable, immunization with measles-containing vaccine is generally preferable to ordering serology to determine immune status. There is no harm in giving measles-containing vaccine to an individual who is already immune.

Occupational Health and Safety

- Did you know that the Construction MDT (Multi-Disciplinary Team) is made up of a core group of staff from Facilities, IPAC and OHS and others on an as needed basis.

This group meets at least every week to review construction projects that are happening at PRH and to make sure CSA Standards, infection control and safety measures are being met by the Contractors so that both tradespeople and our staff are protected. They alternate their meetings by doing a zoom update one week and then a physical walk through the following week.

WHO NEEDS A MEASLES VACCINE?
REFERENCE: OTTAWA PUBLIC HEALTH AND RCDHU

<p>INFANTS 6-11 MONTHS</p> <p>Not required</p> <ul style="list-style-type: none"> • One dose of MMR vaccine may be given if infant is travelling to an area that is considered high-risk • The child will still need both routine doses once they turn 12 months old 	<p>CHILDREN 1-3 YEARS</p> <p>First routine dose: Children receive one dose of the MMR vaccine at 12 months of age.</p> <ul style="list-style-type: none"> • Children travelling to high-risk areas are recommended to receive their second dose, despite not yet being 4.
<p>CHILDREN 4+</p> <p>Second routine dose: Children receive a second dose of measles containing vaccine, between 4 and 6 years old.</p>	<p>ADULTS BORN IN OR AFTER 1970</p> <p>Would have received a vaccination in childhood, if unsure of vaccination history they are recommended to receive one dose of MMR vaccine and may be eligible to receive a second dose.</p>
<p>ADULTS BORN BEFORE 1970</p> <p>Natural immunity: people born before 1970 are generally considered immune from a previous infection.</p> <ul style="list-style-type: none"> • May be eligible for 1 dose for travel to a high risk area 	<p>HEALTHCARE WORKERS:</p> <p>2 doses of MMR vaccine are recommended regardless of birth year.</p>



Pictured from left to right are Andy Turton, Jennifer Kreiger, Frecon Supervisor Kolja Von Taube and Mike Godbout as they discuss the next steps of the Tower D Cancer Care Project.

Operating Room (OR)

- The OR team regularly has an opportunity to learn through Grand Rounds due to the OR start times. At the April 11th session, Educator Erin Van Allen organized a hands-on skills session reviewing Malignant Hypothermia processes in preparation for an April 29th Malignant Hypothermia (MH) mock code. Malignant Hypothermia is a critical event that requires timely care and response so the team focuses this as a learning opportunity bi-yearly or yearly.

The team is very fortunate to have these opportunities as it can be challenging for them to go to other planned skills days due to the nature of the ORs. Thanks to Erin for running a great session!



Celebrating National Medical Laboratory Week!

Here's a great summary of the work that our Lab staff does.

We perform a wide array of tests from bloodwork to complex genetic testing, providing vital information that help to guide physicians in making informed decisions regarding patient healthcare.

We handle sophisticated equipment, interpret results and provide compassionate care during patient encounters.

Our field is constantly evolving with new technologies and methodologies. The lab professionals are at the forefront of these advancements, continually having to update our skills and knowledge in order to incorporate the latest innovations.

A diagnostic laboratory is so much more than most realize, since there are so many different departmental specialties that perform multiple tests. All of these are crucially important in the interpretation of so many patient conditions and symptoms. Often, we are the first medical professional to discover a patient's diagnosis right here in the laboratory.

Some of the main laboratory departments are Hematology (study of blood cells and blood coagulation), Transfusion Medicine (blood and blood product transfusions), Microbiology (testing for bacterial infections), Pathology (study of human tissues for cancer) and Chemistry (testing of blood/urine analytes involved in bodily organ functions, an example would be troponin in the detection of a heart attack). Those listed here are only some of the main specialties but there are so many more incorporated into medical laboratory science, which is why our profession is so complex and interesting.



Scott Coombes and Martin Burger celebrated the Lab and all the work their team does to support patients and staff.

Hôpital Régional de
Pembroke
Regional Hospital

Medical Laboratory Week

April 13th - April 19th

Pembroke Regional Hospital

2024-2025 Quality Improvement Plan Summary

At Pembroke Regional Hospital, the past year was marked by both challenges and triumphs, all fueled by a shared commitment to delivering exceptional care. The conclusion of the 2024-2025 Quality Improvement Plan (QIP) reflects the outstanding effort and collaboration of our staff. We extend our sincere thanks to everyone for your ongoing support and dedication in advancing these important organizational improvements. The following summary highlights some of the key successes achieved through the QIP this year.

Equity, Diversity, and Inclusion

In the summer of 2022, PRH took a significant step toward fostering a more inclusive and equitable environment by establishing the Equity, Diversity, and Inclusion (EDI) Committee. This committee, composed of staff from a range of departments, was formed to ensure that all individuals, whether patients or employees, feel welcomed, respected, and represented within the hospital community. Building on this strong foundation, PRH made a concerted effort in 2024-2025 to increase healthcare provider knowledge and awareness of EDI in the workplace. We are proud to have exceeded our target, with more than 80% of staff completing EDI training. This initiative has helped promote sensitivity, improve communication, and strengthen team dynamics, all of which contribute to a more inclusive workplace and a higher standard of care for all patients.

Patient Experience

In 2024-2025, PRH focused on improving the discharge process by utilizing feedback from patient experience surveys to drive meaningful changes. Key initiatives included enhancing communication tools to better support patients and caregivers throughout their hospital stay and transition home. Discharge resources and communication tools were made more accessible and informative. Collaboration with both internal teams and external partners, including patient and family advisors, ensured these changes addressed the real needs of patients. As a result, patient engagement increased, discharge plans became clearer, and overall satisfaction with the care experience improved.

Notable improvements included the introduction of a standardized process to ensure whiteboards in patient rooms on the medical unit were consistently updated. This initiative helped clarify care plans and improved understanding among patients and their families.

The Acute Mental Health team introduced a discharge checklist for families and caregivers of patients who consented to participate. This initiative allowed patients to include additional support in their discharge care planning. An audit revealed that many patients wanted family/caregiver involvement in the discharge process and demonstrated active participation from family members and caregivers in the planning.

The Emergency Department also collaborated with long-term care and retirement homes to implement a process aimed at improving communication when residents return to their respective facilities after an ED visit, ultimately ensuring better patient outcomes.

Looking ahead to 2025-2026, PRH will continue to strengthen discharge communication, with a particular focus on improving patient understanding of their condition and further involving family members and caregivers in the discharge process.

Provider Experience

Improving the provider experience remained a top priority throughout 2024-2025. Through the "Patient Care Teams" initiative, PRH made significant strides in optimizing teamwork and workflow. The hospital standardized roles and responsibilities across teams, helping to create a more organized and collaborative environment. Decision-making tools were introduced to support fair and efficient patient distribution among nursing staff, and improvements were made to the shift offer system to enhance usability. Leadership development was also a focus, with formalized training programs introduced to support current leaders.

Additionally, new roles were added to meet evolving organizational needs. As a result of these efforts, PRH surpassed its target for improved staff engagement scores, reflecting a more positive and supportive workplace culture. As we move into 2025-2026, PRH will continue to build on this progress by deepening its focus at the departmental level, ensuring that every staff member feels supported and valued.

Epic Implementation

Throughout 2024–2025, PRH has been actively preparing for the implementation of *Epic*, a comprehensive electronic charting system that will transform how we deliver and document care. *Epic* is designed to centralize patient information, making it accurate, accessible, and easy to share across healthcare teams, thereby enhancing patient safety, streamlining communication, and improving continuity of care.

While the original implementation timeline was delayed due to circumstances beyond our control, planning and readiness efforts remained a priority. These efforts included:

- Integrating essential equipment such as Spacelab cardiac monitors, vital sign machines, ECG machines, and urinalysis devices
- Upgrading electrical and network systems to support increased technology demands, including additional computers and servers
- Engaging stakeholders across departments to support a smooth and successful transition

These foundational steps have positioned PRH to move forward with confidence. With *Epic*, providers will be better equipped to make timely, informed decisions, reduce medication errors, and identify and mitigate potential risks more effectively. The implementation of *Epic* represents a major step forward in our commitment to high-quality, patient-centered care.



Q: When are shift offers issued for known vacancies after the work schedule is posted?

A: Automated shift offers for all vacant shifts for the schedule period will be issued Tuesday following the posting of the schedule. Please update your availability if you wish to receive automated shift offers for vacant shifts.

Q: When are shift offers issued for unplanned vacancies?

A: Automated shift offers are issued as soon as they are communicated to the Staffing office or Clinical Resource.

Q: How long do shift offers remain open?

A: 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 agreement.

Bereavement Recognition - Did You Know

If you have experienced a loss in your family, the hospital has a *Bereavement Recognition* policy and process in place that includes an option to have an In Memoriam notice posted.

For more details, view the policy on our Intranet or speak with your manager.



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

Celebrating The 5th Anniversary of Renfrew County's Virtual Triage and Assessment Centre (VTAC)

March 27th was a banner day as it marked the 5th Anniversary of Renfrew County's homegrown solution to address local health care needs – The Renfrew County Virtual Triage and Assessment Centre. To mark the occasion, I was pleased to be able to join many distinguished guests in Renfrew including Health Minister Sylvia Jones for a tour of VTAC's Clinical Assessment Centre and Paramedic base. It was an exciting event and a fitting way to celebrate VTAC's success and innovation.



RCVTAC continues to expand through collaborative efforts to meet the needs of the community, with approximately 30,000 residents needing a family doctor. In 2024 alone, VTAC received 74,000 calls and continually helps to divert 1,000 Emergency Department visits per month for those with low acuity needs. We are truly grateful for the work that has been done by VTAC and we are proud to be one of their partners.

Provincial Health Priorities

I wanted to note that, in speaking with Sylvia Jones in Renfrew, she confirmed that the priorities for Ontario Health remain the same as before the election – ensuring those in communities with low attachment rates have access to primary care.

Primary care access was also reiterated as a provincial priority at a recent CEO meeting with Ontario Health that I attended. There, they repeated that their priorities haven't changed – adding that Emergency Department access and surgical wait times were also on their agenda.

I'm also looking forward to a visit by Algonquin-Renfrew-Pembroke's newest MPP Billy Denault who will be coming to tour our hospital and meet with me on April 25th. I hope to continue with him, the same close connection we had with John Yakabuski.

Attending the Epic Roadshow

Recently, Beth Brownlee, Scott Coombes, Sarah Selle, Laurie Menard, Peter Payton and I had the opportunity to travel to Ottawa as participants in the Epic Roadshow hosted by The Ottawa Hospital and the existing 10 partners in the Atlas Alliance where a team from Epic presented on current and future innovations.

Held at the Infinity Centre, the morning session showcased the future capabilities of Epic – everything from physician scheduling to improved OR efficiency to the use of AI at every level. The presentation was eye-opening, awe inspiring and presented a real vision of how Epic will significantly transform our hospital and guide us beyond. It was truly exciting!

The Roadshow continued in the afternoon with hospital representatives in the room and a few hundred online for the official Kickoff of the Third Wave Implementation which we are now a part of.

The introductory remarks addressed how the adoption of Epic will be the largest change project any hospital has ever taken on and that the project is not so much about the technology but about the patients and teams involved and how we will be engaging with our patients in a brand new way.

They also spoke about empowerment and how Epic's MyChart patient portal will empower our patients and their families in ways they've never experienced but have always desired.

The two-hour presentation also covered:

- An overview of the implementation timeline.*
- The value of a regional clinical information system*
- The governance structures for both the project and the Atlas Alliance*
- The project's Guiding Principles*
- Principles for a successful implementation*
- An overview of roles and responsibilities*

It was certainly a lot of information to digest, but at the same time it was exciting and as we work towards implementation at PRH and everyone on our team gains a better understanding of what Epic will bring to our work environment, I believe that this excitement will spread! So much more to come!

Revised Timeline For Tower C Construction

Lastly, I wanted to provide an update on the Tower C Construction Project given the unexpected delays we have had there.

We have now been informed by Jumecon Construction that the completion of Phase 1 which includes the relocation of Mulvihill Drug Mart and the opening of the new common area is scheduled to take place around May 19th. Once this has taken place, the side entrance to the pharmacy will be closed off.

In the meantime, you may have noticed that we've currently got a detour in place for those going to Zone B. That's because a new set of fire doors is being installed in the Atrium area as required by code for safety.

Phase 2 of the project will see the installation of a large vestibule with double automatic doors which will become our hospital's new main entrance. We will also see some improvements made to the outside of that area with a new sidewalk and greenery.

In preparation for the relocation of the Auxiliary's Gift Shop, Phase 2 will also involve raising of the floor in the former drug mart space to accommodate these changes, putting everything on the same level.

We are anticipating full completion by the end of August – so it will be quite the transformation!

PRH Appoints New Chief of Staff

I'm very pleased to share that our hospital's Board of Directors has appointed Dr. Declan Rowan as our new Chief of Staff, taking effect July 1st. Dr. Rowan will succeed Dr. Tom Hurley, who has served with distinction in this role for the past nine years.

As many of you may know, Dr. Rowan brings over 30 years of clinical and leadership experience to PRH and will be an integral part of our leadership dyad. His dedication to patient-centred care and collaborative approach will undoubtedly drive our mission forward and we are excited to see the positive changes he will bring to our hospital.

At the same time, we are extending a heartfelt thank you to Dr. Hurley for his incredible leadership and contributions over the past nine years and will be acknowledging and celebrating his contributions in due course.

We have shared this announcement with the broader community through a press release.

Strengthening Our Partnership With The University of Ottawa Heart Institute

Recently, several members of our Senior Leadership Team and I had the pleasure of having lunch with Ottawa Heart Institute President and CEO Dr. Rob Beanlands and Vice-President of Clinical Operations Erika MacPhee before welcoming them in to PRH and providing them with a tour of our facility. This was the first time they had visited one of their outlying referral hospitals and I must say our meeting was extremely positive.

Not only was it great to hear their vision for the future, but also to learn first-hand how focused they are on collaborating with health care partners and seeing expertise built up outside of their own organization.

Renfrew County Partners Release the Renfrew County and District (RCDDS) Drug Strategy

I have been participating in the RCDDS since its inception a year ago. Last Thursday, the Steering Committee partners from healthcare, addiction treatment, enforcement, government, and those with lived and living experience released the Renfrew County and District Drug Strategy (RCDDS). This strategy outlines how the more than 30 partnering organizations, including our hospital, are committed to reducing substance use related harms across Renfrew County and District.

The strategy identifies 25 priorities for action and associated recommendations for implementation across each of the four pillars of prevention, harm reduction, treatment, and community safety. All share the common goals of reducing drug-related harms and overdoses, enhancing community safety, providing a coordinated response to drug addiction, and ensuring individuals receive the help they need.

An executive summary that identifies the 25 priorities, in addition to the entire strategy can be found at www.rcdhu.com/rcdds if you would like to learn more.

Province Launches Call For Proposals For Up To 80 New Or Expanded Primary Care Teams

As you may recall in one of my recent messages, I spoke about how Ontario Health will continue to focus on primary care and finding ways to ensure that all unattached patients are matched with a doctor.

To this end, the province announced last week that they have earmarked the first \$213 million in funding for the creation or expansion of up to 80 primary care teams to serve 300,000 patients – part of a broader \$1.8 billion plan to give all Ontarians access to primary care by 2029.

This first call for proposals with a deadline of May 2nd is targeted to communities, by postal code, that have the highest number of people not connected to primary care, averaging 8,000 people unattached per postal code. Our region is part of this first wave with K8A (Pembroke) and KOJ (several areas such as Calabogie, Westmeath, Killaloe, Rolphton and others) among the selected postal codes.

As part of their application, prospective teams will have to demonstrate how they will connect the maximum number of people living within their identified postal codes to primary care. The government expects to select and announce successful teams in summer 2025, as well as launch a second call for proposals in September 2025.

The 80 new or expanded primary care teams will be expected to pull from the existing Health Care Connect waitlist to fill their rosters.

We are very fortunate in our region that we have a well-functioning primary care network and a very active Ottawa Valley OHT. Both have been working to support preventive care for the unattached through various screening initiatives as well as exploring innovative models of care in order to meet the needs of those without a primary care physician.

Both organizations will be responsible for assisting with the development of these latest proposals and determining which will have the greatest chance of success going forward.

This is definitely good news for our region.

GovDeals[®]
A Liquidity Services Marketplace



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

CELEBRATIONS

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

• Katie Hollahan recently celebrated **Terra Bouliane** for all the hard work she did for the Gemba walk. We really enjoyed the presentation and all learned so much! Thank you for doing a great job! *Sabine*

• Britney Plath celebrated **Paula Adshade** for the beautiful Easter flower display in the Chapel.

• I'd like to celebrate **Emilie Cote** for her quick responses and attendance at our meetings in Ambulatory Clinics. She has helped me with several projects in the last few weeks, so big thanks to her! *Julia Reddy*

• Paula Adshade celebrated **Alycia Fraser** for being so patient with all her questions and being supportive in the office. I want her to know we appreciate her, and that her support does not go unnoticed.

• I have spent some time at the PRH over the last couple of days having a Persantine MPI. While there, I found the level of care to be exemplary. **Dr. Li, Nurse Katie and Technician Kaitlyn** explained everything down to the minutest detail. This free flow of information was of great comfort to this non diagnosed OCD soul!!! Professionalism and expertise defined my experience.

• Thank you to both **Monique Lafrance-Fleury and Michelle Giles** for their invaluable guidance and support as I transitioned into my role as Procurement and Project Coordinator. Your generosity in sharing your time and expertise has been instrumental in helping me grasp the inner workings of the Hospital, and I am deeply appreciative. *Peggy Fiebig*

• Beth Brownlee celebrated **Carolyn Levesque, Caroline Froment, Erin Van Allen, Hope Proctor and Rachel Robertson** for their enthusiasm and motivation to make Nursing Week really special this year. She said it has been a pleasure working with all of you on this and you have developed some great ideas and activities. Thank you for all your efforts and creativity! *Sabine*

• Tammy and I would like to celebrate the **frontline nurses who attended the patient bedside rounds this week**. On Monday we had 100% participation! Thank you for your caring and collaboration for your patients and your team! *Lisa Bradley & Tammy-Lynn Donahue*.

• Rachel Robertson celebrated **Erin Van Allen** for her work on the OR skills training this week.

• Please include the **Recovery Outreach Program and the Share Program** in our celebrations. These programs, and the dedicated staff, play an integral role in the health and safety of patients while fostering inclusion and community integration. I am reluctant to name each individual in fear of exclusion. That said, I hold these programs in the highest regard. Sincerely, *Michael Peters*

• Please include **Melissa MacDonald, Crisis Worker, with Mental Health Services of Renfrew County**, in our celebrations section of The Pulse. Melissa personifies our values of consultation and collaboration in meeting the needs of our patients. I'm pleased to partner with a dedicated worker who is client centered and focused on patient safety. I feel confident in transitioning patients from hospital to home, and vice versa with Melissa at the helm. *Michael Peters*

Upcoming Recognition and Celebration Dates

April

Administrative Professionals Day - April 23

Good Friday - April 18

National Volunteer Week - April 27-May3

Easter - April 20

National Day of Mourning April 28

National Organ and Tissue Awareness Week -
April 20-26

May

National Physiotherapy Month

Senior Leadership Team Distributes Easter Treats

As we head into Easter weekend, members of the Senior Leadership Team spread some Easter cheer with treat deliveries Thursday morning to all areas of the hospital.



PRH Celebrates Hospital's Long-Standing Commitment To Organ And Tissue Donation

Our hospital joined the Trillium Gift of Life Network in the spring of 2013, demonstrating our commitment to providing optimal end-of-life care for all patients and their families.

As part of Ontario's Routine Notification program, we report every patient death to TGLN, allowing their specially trained staff to identify potential donors and approach families for consent.

We are very pleased to share that, in the past fiscal year, our hospital's dedication to this program resulted in 7 tissue donors, enhancing the lives of many.

We have also received the *Routine Notification Rate Award* once again, achieving a 100% routine notification rate throughout 2023/24. Staff made 126 notifications to Ontario Health (TGLN) making PRH one of four hospitals in the province to achieve this award.

As part of a special presentation in the cafeteria earlier today, we recognized some of our frontline staff who have been actively involved in the notification process over the past year.

These *Hidden Heroes* have shown exceptional dedication and commitment to organ and tissue donation by making three or more notifications during this time period.

From the ICU Team, we recognized: Katie Kouri, Stephanie Lamont, Caitlin Morrison, Autumn Patovirta, Chantel Rehkopf, Kaylena Richard and Brianne Vecchiola

From the ED Team, we recognized: Jessi-Lee Barney, Chantal Kingsley and Samantha Wojtowicz

From the Medical Team, we recognized: Kaitlin Day, Maddison Kouloheris and Trina Roesler

And from the Resource Team, we recognized: Robbie McLaughlin



Foundation News

Pembroke Regional
Hospital Foundation



Fondation de l'Hôpital
Régional de Pembroke

Presented By



\$500,000.00



Lottery License RAF1411739



Gala Drolet—3rd Medical

"If you or a loved one have to be in the hospital, you can only hope that you are cared for by Gala. She showed the greatest of kindness to our husband, Dad and Grandpa while he was on the 3rd floor. She is gentle and very kind. She celebrated his small improvements and cried with us when he declined. We will forever be grateful for Gala and her team on 3rd Floor Medical".

Thank you for supporting the Challenge

Presented By
FRANK CARROLL FINANCIAL
ROSEBURG
A Forest Products Company
MACEWEN

\$25,842.00 Raised!

For new Operating Room lighting at PRH!

REGISTRATION NOW OPEN!

SUNDAY, May 4th, 2025
Downtown Pembroke

HEROESRUN.CA

Presented By

Canadian Nuclear Laboratories
Laboratoires Nucléaires Canadiens

Heroes Run For Healthcare

Sunday, May 4th!

As you may have noticed, we have changed the event from Saturday morning, as in previous years, to **Sunday** morning this year. This change was a necessary compromise in order to keep the event in beautiful downtown Pembroke and have minimal effect on the downtown businesses due to our road closure. We appreciate the support of the Downtown Businesses with this event, and we want to ensure it is a win-win for both them and our event. Hope to see you there!



Pembroke Regional Hospital Presents
Understanding Stroke

A Free Public Education Session

Thursday, April 24th, 6-8 p.m

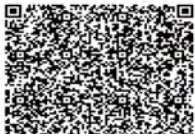
At The Best Western Pembroke Inn & Conference Centre
Doors open at 5:30 p.m.

For more information, email pr@prh.ca or call (613) 732-2811, extension 6165



Information Stations

- Champlain Regional Stroke Network
- County of Renfrew Paramedic Service
- March of Dimes Peer Support Program (PRH Volunteer Services)
- Ontario Health at Home
- Ottawa Valley Ontario Health Team
- Pembroke 50+ Active Living Centre
- West Champlain Family Health Team



Please scan QR code to register or email pr@prh.ca with name and number of people attending.

Featured Guest Speakers

- Dr. Chika Offiah, Internist/Neurologist, PRH
- Hope Proctor, Clinical Stroke Educator, PRH
- Matthew Stanfield, Community Paramedic, County of Renfrew
- Dr. Debbie Timpson, Physiatrist, PRH
- Lisa McDonnell, Director, Champlain Regional Stroke Network

Topics Covered Will Include

- The science of stroke
- Stroke treatment
- Stroke risk factors, prevention and recovery
- The paramedic role in stroke care
- How the Champlain Regional Stroke Network works in partnership with our hospital's District Stroke Centre

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Scan to register

PERKOPOLIS DAY

Saturday, May 3, 2025

EARLY BIRD SPECIAL

Purchase on or before April 11

\$29⁹⁹
+HST



Admission purchased after April 11

\$36⁴⁹
+HST

Add a second visit valid through November 1 to any ticket

\$20⁰⁰
+HST

To purchase your tickets:

SCAN HERE NOW >



Canada's Wonderland



Staff Association Paint Night

May
8

PRH SUNSHINE GIFT SHOP'S

EASTER SALE

FRIDAY, APRIL 11TH TO MONDAY, APRIL 21ST

20% OFF ALL REGULAR
PRICED MERCHANDISE

(PLUS REGULAR DISCOUNT)



6:30pm to 8:30pm in the
PRH Cafeteria

\$35 includes paint night
experience,
pizza and flavored water

\$5.00 will be returned to
Staff Association Members
upon arrival at event

Online Registration
www.tiny.cc/paintnightatprh

Registration deadline May 6, 2025

For questions please call ext. 7103

PRH SUNSHINE GIFT SHOP



PRESENTS

A SPRING FASHION SHOW & LUNCHEON

Tickets are \$25 each at
the Gift Shop
Wednesday, May 7, 2025



OUR LADY OF LOURDES CHURCH

Doors open at 11:15, Sandwiches &
Treats served at 12:00, Fashion
Show begins at 1:00

Call 613 732-2811 Ext 6180 to reserve tickets - pick up at the door
(cash only)



HAPPY Mother's

DAY





SPRING SALE!

March 14 - June 26, 2025

**Save up to 25%
on a 1 night stay**

**Save up to 30%
on a 2+ night stay**

Must Book By: April 21, 2025

**Book Using:
YOUR PPC CODE
PEMB1G8**

Book online at GREATWOLF.COM
or call 1.800.605.9653

- Limited availability, blackout dates apply.
- Company ID must be presented upon check in to receive discounted rate.
- Limit 2 rooms per employee per night.
- Includes 2 days of waterpark play with a 1 night stay and complimentary parking.
- Rates are available for the dates outlined only and are based on availability at time of booking. Blackout dates apply.
- First night's room & tax due upon reservation.



Offer valid only at Niagara Falls, Ontario location for the above dates only. Must be mentioned at time of reservation. Reservations must be made by outlined cut-off dates. Offer is subject to applicable taxes. Limited number of rooms available for each date and blackout dates apply. A minimum 2 night stay may be required for Saturday stays. Cannot be combined with any other discount or promotional offers. Offer based on 4 guests per room and may be terminated at any time without notice. Additional water park passes are \$75.00 per person. Must have one individual 21 years of age or older staying in each room. Offer is not transferable and is not redeemable for cash. Other restrictions may apply. Limited availability, blackout dates may be added at any time. Rate subject to change.

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.





Employees of Pembroke Regional Hospital
Please provide your work email when you call in for a quote.

Spring forward with fresh savings!

Get exclusive rates with Co-operators
Group Home and Auto insurance.

1-800-387-1963 | coopgroup.ca



Home and Auto Insurance is underwritten by Co-operators General Insurance Company. Not all products are available in all provinces. Please refer to your policy for applicable coverage limitations and exclusions. Automobile Insurance is not available in British Columbia, Saskatchewan or Manitoba. Co-operators General Insurance Company is committed to protecting the privacy, confidentiality, accuracy and security of the personal information that we collect, use, retain and disclose in the course of conducting our business. Please refer to our privacy policy for more information. 101 Cooper Drive, Guelph, ON, N1C 0A4 | 1-800-265-2662 © 2025 Co-operators General Insurance Company. G6091 (01/25)