



Today's Take-Aways

Project Horizon

- 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.

Trillium Gift of Life Network (TGLN)

- In October, our hospital provided 13 notifications to TGLN with 3 moving forward to donate ocular tissue for transplantation. Thank you to Autumn-Lee Patovirta from the ICU and Ria Campbell from the ED for notifying TGLN as part of high-quality end-of-life care and allowing this family to honour the decision to donate. Many lives have been enhanced as a result of this generous donor and your team's notification.

While the other 10 notifications were not suitable donors, we know that every notification matters, and we would like to thank the following staff for allowing the opportunity for donation to be assessed:

Anne-marie St. Michael (ED), Kathryn Webb (ED), Ria Campbell (ED), Noah Maika (Medical), Bethany Gold (Medical), Archana Mohan (Rehab), Chantel Rehkopf (ICU), Chelsea Murphy (ICU), Autumn-Lee Patovirta (ICU), Sydney Nixon (ICU), Katrina Thomson (Resource Team)

Wellness Committee

- Wellness Committee takes on December 2025!

🎄 CHRISTMAS CRAFT WORKSHOP 🎄

Take a break, relax, and spark your creativity this holiday season! The Wellness Committee presents Christmas Craft Workshop, part of our ongoing wellness program designed to help you recharge and connect with colleagues.

Join us on December 10 and 17 in the Lunch Box Cafeteria at 12:00 PM where the Wellness Committee will be set up to do the crafts in person as a group.

Can't attend in person? We've got you covered! We will arrange pick up/drop off of grab bags with required supplies to make the craft on your own time.

Sign up is mandatory to ensure the elves have enough supplies on hand!

DEPARTMENT DECORATING CONTEST

After the overwhelming success of our Pumpkin Patch contest (seriously, who knew we had so many artists?!) we're bringing the festive fun back with a holiday twist!

It's time to deck the halls, walls, doors, and maybe even the desks. Show off your creativity and team spirit in the Wellness Committee's Deck the Halls and Walls Decorating Contest.

Today's Take-Aways Continued

How it works: Decorate your department in the theme of your choice (Winter Wonderland, Santa's Workshop, Gingerbread, etc.)

Judging: On December 15, the Wellness Committee will do rounds and select the top 5. December 16 - 19, employees will have the opportunity to vote for their favourite department display. The top 3 departments will receive a festive treat basket. Let's come together and craft some holiday cheer!

Departmental Updates

Human Resources

- Welcome to the team! Here is a list of those who joined us this month.

Allie Best (Environmental Services), Victoria Nicolle (Surgical), Kreena Burger (Acute Mental Health), Ashley Hanly (Obstetrics), Kayla Yeomans (Scheduling and Special Projects), Nadia Staal (Surgical), Jennifer Murdoff (Rehabilitation), Sandy Adams (Environmental Services)

Intensive Care Unit (ICU)

• A big thank you to everyone who developed and participated in our recent Proning in the ICU training. Your commitment to patient safety and clinical excellence is outstanding! Proning is the practice of placing a patient in a face-down position to improve oxygenation, especially for those with severe respiratory distress such as Acute Respiratory Distress Syndrome (ARDS). This technique helps expand lung regions, reduce pressure on the lungs, and enhance oxygen delivery, making it a vital intervention in critical care. Your dedication ensures we are ready to provide the best care possible. Thank you for making this training a success!



Pictured, from left: Physiotherapist Jessica Talbot, RN Education Erin Van Allen, Chief Intensivist Dr. Krishna Pulchan, RN The Ottawa Hospital RCCE Rebecca Marcoux, Registered Respiratory Therapist Jennie Mainville.

Not pictured but also involved were: ED Manager Kaley Lamarche, ICU Manager Heather Macmillan, Registered Respiratory Therapy Lead Sara Mckean Schulthies, Chief Pharmacist Tina Davidson and Registered Dietitian Holly Landry

Maintenance

- We are pleased to announce the launch of a new work order system ebase which launched on November 25th. This new system will improve efficiency within the department and is simple and easy to use.

You can access ebase on our Intranet home page. Simply click on the icon. You will be prompted to enter your username and password. Your username is your email address, and your password is the password you are using to access all PRH software applications. Complete the fields for your specific request. Hit "Submit" on the top right hand of your screen and your work order has been submitted.

Simple and user friendly!! If you are experiencing difficulties, please do not hesitate to contact Michelle Giles at extension 8050 or by email at michelle.giles@prh.ca for assistance

Spiritual Care and Ethics

- We are excited to host a Christmas Day Mass this year in the Chapel on Thursday, December 25th at 9:30 a.m.

Our EVS Team Is Hosting A
Bake Sale and Raffle

Tuesday, December 16th

11 a.m. - 2 p.m.

2nd Floor Link, Tower B



In support of EVS team member Matt Pollice who was recently diagnosed with esophageal cancer and must undergo intensive treatments in Ottawa.

Raffle tickets can be purchased in the cafeteria between 8:30 a.m. and 1:30 p.m. Monday to Friday until December 16th at a cost of 3/\$5.

The draw will be held at 2 p.m. December 16th.

If you would like to contribute baked goods to the Christmas-themed bake sale, please email kelsey.maschke@prh.ca



Thanks to Heather Macmillan for sharing some candid shots of unexpected and fun random twin dress up days featuring matching colors, matching scrubs and matching OR hats!



LEAN ***IN***

On Wednesday, as part of their November Gemba Walk, our Senior Leadership Team met with staff and physicians in the ICU to learn more about the new Proning skillset which will go live effective December 1st for patients who meet specific criteria.

Proning is a therapeutic intervention for those with Acute Respiratory Distress Syndrome or those who are experiencing severe respiratory failure.

Proning involves the positioning of a patient who is paralyzed, deeply sedated, and on mechanical ventilation in a face down position for 16 hours per day, typically for a period of 48-72 hours. Proning is typically done overnight if possible, so that patients can remain upright for easier access during day time hours.

This type of therapy helps improve oxygenation by redistributing lung perfusion and ventilation, reducing alveolar collapse, decreasing ventilator-induced lung injury and enhancing gas exchange.

Until now, any patients requiring this type of intervention had to be transferred to a hospital in Ottawa.

Proning requires the involvement of the entire multi-disciplinary team, and a lot of logistical planning in order to ensure a safe outcome that can possibly delay or prevent mortality.

This includes a team of six that are required to prone and de-prone and a team of three to reposition the patient's head and arms every two hours while prone.

Noting that the biggest risk to patients who are prone are pressure injuries, it was shared that physiotherapists and occupational therapists have a large role to play in mitigating injury.

It was also noted that, in addition to the key role of nurses and Allied Health professionals in these situations, members of the Pharmacy team and registered dietitians also have important roles to play.

The team thanked the SLT for their support in being able to upstaff so that this skillset could be introduced enabling patients to receive this care close to home.



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

As I was sharing with our Management team November 13th, there has been a visible increase in the amount of media coverage focused on those in the hospital sector who are facing significant deficits in the current fiscal year and, as a result, are facing service cutbacks and layoff potential.

I want to reassure all of you that our hospital, thankfully, is not in this position

While we are in a good position financial this year, we still need to be cautious with our spending and find ways to be fiscally responsible.

I also attended a meeting in Toronto November 7th for medium sized hospitals like ours and, in addition to the financial challenges, I can tell you that most are struggling with many of the same issues. While I don't want this to be a message of doom and gloom, this is the reality and we all need to do our best to continue providing high quality care in the most efficient and effective ways possible.

CHEO CEO Celebrates Surgical Partnership With PRH

On November 14th we welcomed in CHEO President and CEO Dr. Vera Etches who was on hand to personally thank members of our Surgical team for their hospitality and the great partnership that has been formed between team and ours in order to bring pediatric surgery closer to home for local patients.

She expressed how important it is to families in our area to be able to receive the same level of care and compassion without the added drive to Ottawa and said that her team has appreciated how friendly and welcoming the environment has been since the partnership was initiated.

In fact, CHEO is actively seeking other ways to partner with outlying hospitals beyond surgical capacities and we are excited to see how we might be able to be a part of this as well going forward.

Operation Of Complex Continuing Care Beds Will Return To PRH In 2026

Speaking of great partnerships, you may or may not be aware that, for many years, Marianhill has housed and provided care for those of our patients who require admission to Complex Continuing Care beds. This includes patients who no longer have significant acute care medical needs but are still medically complex and could require care for up to 90 days on average versus being discharged to home.

Now, in light of Marianhill's redevelopment and our ability to do so, we are making plans to take back our eight Complex Continuing Care beds and co-locate them on Medical 2A with other Medical patients effective April 1st, 2026.

We are currently in the process of developing a plan to do this that includes staffing patterns and other aspects of care that will be required in order to meet the needs of these patients. You can anticipate hearing some updates on this in the coming months.

MP Cheryl Gallant Visits PRH

We've been hosting a number of visitors and delegations lately including a November 12th meeting with Algonquin-Renfrew-Pembroke Member of Parliament (MP) Cheryl Gallant. Cheryl was interested in learning more about our hospital's emergency preparedness protocols and, as part of the visit, I invited her to tour the hospital. She was impressed with the size and scope of services we are providing at PRH and thanked us for the care we are providing for the community.

PRH Is Represented At Queen's Park

Speaking of delegations, Mental Health Services Director Sarah Selle was at Queen's Park in Toronto on Thursday, along with elected officials and senior staff from the County of Renfrew, in order to meet



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

with provincial leaders and discuss a number of high-priority topics that affect Renfrew County residents.

Organized by Renfrew-Nipissing-Pembroke MPP Billy Denault, Sarah was able to meet with Associate Attorney General Michael Tibollo, Parliamentary Assistant to the Minister of Health John Jordan and Associate Minister of Mental Health and Addictions Vijay Thanigasalam.

She shared with me that it was a great opportunity to highlight the work that is being done in Renfrew County to support individuals with mental health and substance use concerns and also to identify gaps and advocate for further support.



Tim Hortons Smile Cookie Campaign Going Strong

Last Tuesday, Beth and I enjoyed an hour of cookie decorating at the Mackay Street Tim Hortons location, joining a number of staff volunteers who, throughout the week, supported this incredible local fundraiser.

Last year if you recall, close to 13,000 cookies were sold between the Pembroke and Petawawa locations with all proceeds going to our hospital and we couldn't be more thankful to see that numbers are strong again this year.

Stay tuned to hear how well the campaign did this year!

Thanks To All Who Are Supporting The Local Angel Tree Program

I want to take a moment to thank all of you who have, either individually, or as part of a group effort, taken on sponsorship of local children's Christmas gift lists as part of the Angel Tree Program.

Our hospital has been a part of this community-based holiday fundraiser for many years and it's just one way that we give back to those we serve.

All 50 children have been assigned and we can't wait to see all the wonderful gifts that are collected in time for our pickup day on December 1st.

PRH Auxiliary Preparing To Open 2025 Pop-Up Gift Shop At Pembroke Mall

As Christmas is just around the corner, our Auxiliary is hard at work preparing to open their Pop-Up Gift Shop at the Pembroke Mall starting tomorrow evening.

For the second year in a row, their shop will be located across from Coles and will enable the Auxiliary to showcase their unique gift and product lines while offering shoppers another option for Christmas shopping.

Our Auxiliary's Gift Shop has often been considered a "hidden gem" in the community and this is one way of bringing it to light.

Be sure to stop by our onsite location, or pop by the mall to check out those selections when looking for gifts on your holiday lists. Advertising for both locations will begin next week with progressive discount sales taking place each leading up to Christmas.



Christmas

ARTS & CRAFTS WORKSHOP

Spend your lunch break getting festive with the Wellness Committee as we make fun Christmas crafts together. It's the perfect way to relax, get creative and share some holiday cheer.

December 10 and 17

From 12 pm to 12:30 pm
Located in the Lunch Box
Cafeteria

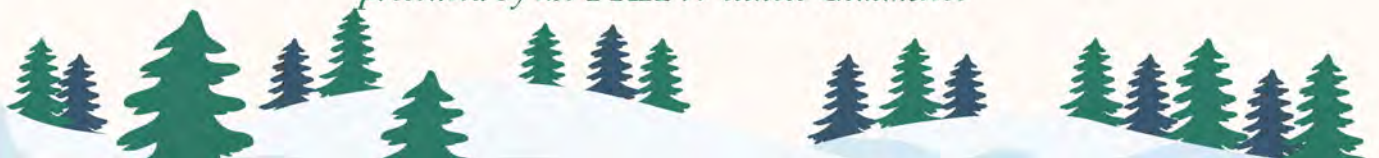


**Sign up required, please
scan here:**



**CAN'T MAKE IT? NO PROBLEM! WE'LL HAVE TO GO
BAGS AVAILABLE SO YOU CAN STILL JOIN IN ON THE
FUN AT HOME OR ON YOUR TIME.**

presented by the PRH Wellness Committee





WELLNESS COMMITTEE PRESENTS

DECK THE HALLS AND WALLS:

STARTING DECEMBER 1, 2025

How it works: Decorate your department in the theme of your choice (Winter Wonderland, Santa's Workshop, Gingerbread, etc.)

Judging:

- December 15 – Wellness Committee will do rounds and select the top 5 departments
- December 16 to 19 – Employees will vote for their favourite department display

The Top 3 departments will receive a festive treat basket



Holiday Breakfast

- To support our Food Services team in the distribution of meals, please collect your own meal or pick up for a few co-workers (at most) at a timeslot convenient for you.
- Those working evenings/nights on Breakfast dates will receive a Tim Hortons Gift Card from their manager.
- Teams who work offsite and are unable to pick up a meal will have a budget to arrange the purchase of a similar meal.

In appreciation for all that you do,
you're invited to enjoy a FREE holiday breakfast:

Between 8:30 a.m. and 1 p.m.

Thursday, December 18th

OR

Friday, December 19th.

In The Lunch Box

**Everyone is welcome to enjoy a meal on the day
of their choosing.**

Additional meals will be available for purchase.

Our Menu:

**Scrambled Eggs, Bacon,
Croissant, Hashbrowns, Fruit,
Coffee, Orange Juice or Chocolate Milk**

**A Gluten Free Selection
Will Be Available
For Those Who Need It.**

**A very special THANK YOU to our
Food Services team for facilitating this
hospital-sponsored event for us!**

PRH Christmas Spirit Week 2025

It's Time To Have A Little Holiday Fun

**Send selfies/team photos to pr@prh.ca or
schedule a photo by calling 6165**



December 15 - Holiday Sweater Day
December 16 - Red and Green Day
December 17 - Christmas Movie Day
(Dress as your favourite holiday movie character)
December 18 - Valley Christmas (Plaid) Day
December 19 - Festive Footwear/Christmas Accessories Day



Foundation News

Pembroke Regional
Hospital Foundation



Fondation de l'Hôpital
Régional de Pembroke

Presented By

OK TIRE

Week 24

Catch
the Ace



\$195,000.00

Estimated Jackpot if the Ace of Spades is caught



Selena Proulx, Rehab

"Thank you so much for the wonderful care you gave me during my hospital stay. You were incredibly compassionate, professional, and attentive. Your friendly nature truly made a difference during a tough



Dr. Eason

"I was incredibly impressed by the exceptional care I received from both the paramedics and hospital staff during my recent emergency visit to Pembroke Regional Hospital for A-Fib. If I hadn't made it to the hospital when I did — and without the quick, decisive action of the staff — I might not be here today. I've never seen people move with such speed, skill, and professionalism. Thank you — my heart truly thanks you!"



Angela Stiller, Geriatric Day Unit

"On the heels of Occupational Therapy month and celebrating all the wonderful therapists here at PRH, we would like to acknowledge ANGELA STILLER of the Geriatric Day Program. Angela has a vast knowledge of dementia and cognitive impairment. Angela is an expert in her field and, puts her patients at ease with her kind heart, humor and professionalism. She takes the time to sit with patients and families, answering questions and providing support and guidance as they work through coping with dementia. She is a joy and delight to work with. Her ability to tell a story has everyone in fits of laughter and she is the first to come to someone's aid in times of trial. Her heart is big, and her wit is sharp. She shows immense passion in her role as an occupational therapist and takes great pride in ensuring the Geriatric Day Program runs effectively with best practice guidelines in mind With love from your GDH family."



Devin Cousins, ED

"I was incredibly impressed by the exceptional care I received from both the paramedics and hospital staff during my recent emergency visit to Pembroke Regional Hospital for A-Fib. If I hadn't made it to the hospital when I did — and without the quick, decisive action of the staff — I might not be here today. I've never seen people move with such speed, skill, and professionalism. Thank you — my heart truly thanks you!"



Lori Lapointe, Environmental & Support Services

"Lori is an amazing member of the PRH. I think everyone who knows her can agree she makes anyone who comes in contact with her smile. She is an amazingly hard worker and a truly one of a kind person. If anyone deserves recognition for their hard work and dedication it is her."

CELEBRATIONS

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

- Rose Bennett celebrated **Kim Haley** for her open communication and great help during the staff recognition day. She said Kim was great at explaining the different job classes and was very helpful with setting up the interviews and videos. Thank you so much for your collaboration! *Sabine*

- Rose Bennett celebrated **Dan Cuddy** for being a "great neighbor" and his helpfulness. She said he extended a hand when she needed help to set up for one of her tasks and she was very appreciative of that. Thank you, *Sabine*

- Scott Coombes celebrated **Laurie Menard** for her coverage of DI and Lab. He mentioned that she jumped right in to look at the on call GTR with *Epic* and he was very pleased about all her help with this. Thank you for your commitment to PRH! *Sabine*

- On behalf of Dr. de Jesus and myself, we just want to say a big thank you to **Dr. Anne Marie Savoie** who reviewed End of Life orders on an orthopedic patient on the Surgical unit providing recommendations for Dr. de Jesus. Dr. Savoie went above and beyond to support her colleague and the patient on the Surgical unit providing us with her expertise. Thanks again Dr. Savoie for your compassion and caring for the patients at PRH! *Karen Gauthier, Clinical Care Leader-Surgical Program*

- Thank you **Jason Tanguay (Materials Management)** for participating in the career spotlight section for Take Our Kids To Work Day 2025. The kids loved hearing about your experience in Food Services and Stores. They didn't realize how many non-healthcare specific jobs were available in a hospital and this sparked their interest.

- Celebrating **Cody Ranger (Medical)** for collaborating with IPAC to determine if their patient required additional precautions.

- I would like to celebrate the **Rehab Team** on October 19th during the Code Grey Power Outage. The team immediately jumped into action to prioritize patient safety, setting up med carts and vital machines as night lights while ensuring patients were in bed and had a way to reach nursing.

- Kelly K. celebrated **Denise D. on AMH** for her support with a patient's child after a very distressing situation. She was very helpful and she appreciated her empathy and compassion.

- **Patricia Defoe (Obstetrics)** - I overheard you speaking with the nursing students today and was so impressed by your compassion, encouragement and professionalism. Thank you for being such a great role model and shaping positive learning culture for our future nurses. *Danielle*

- **Colin (EVS)** - thanks for all your help making laundry more ergonomical and improving safety.

- Thank you **Corbin (Housekeeping)** for bringing Tim Horton donuts in for us. Thought of those donuts all night and how thoughtful you were. It has me thinking on how I can make a difference, bringing in a treat also. *Brenda*

- **Sarah (Rehab)** took initiative to ensure comfort care for her patient who was end of life by clarifying what she is able to eat/drink, finding her patient a Broda so she could spend some time out of bed and finding shows for her to watch on the iPad.

- **Colleen G. (Diabetes)** - Great job plugging away at the new referrals and reducing the very full binder down to a much more manageable load.

- I would like to celebrate **Karen Hammel and Paulette Szabon (Finance)** for being so helpful when I popped into their offices and asked a bunch of questions about physician billing. They were both so willing to answer all of my questions to help me understand the process and went above and beyond getting me all the information I needed. *Sarah Selle*

- Kudos to **Amy Kuehl (Finance)** for always taking the initiative to ensure new staff to our department have their work desk set up with everything needed. *Paulette Szabon*



PEMBROKE REGIONAL HOSPITAL
AUXILIARY GIFT SHOP

Located
Across From
Coles

Christmas

AT THE GIFT SHOP

**JOIN US AT THE GIFT SHOP OR
OUR POP-UP SHOP AT THE PEMBROKE MALL**

SCHEDULE

Pembroke Mall Pop-Up Shop	Sale of the Week	PRH Gift Shop
November 28 - 5-8 pm November 29 & 30 - 10 am-4 pm	20% Off	November 28 to December 5
December 6 & 7 - 10 am-4 pm	30% Off	December 6 to 12
December 13 & 14 - 10 am-4 pm	40% Off	December 13 to 19
December 20 & 21 - 10 am-4 pm	50% Off	December 20 to January 4

**Sale on Regular Priced
Merchandise
No Further Discounts
Applied**





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)

DEADLINE TO SUBMIT: NOVEMBER 30, 2025



Starting December 3rd



BLITZ

**Occuring Every 3 MONTHS
Starting In December**



**Featuring Code White Educational Themes Including:
Verbal De-escalation, Least Restraint
Policy Review, Team Roles and
Coordination, and Required Documentation**

GET YOUR FLU SHOT!

**JOIN TEAM
FLU FIGHTERS!**

***STRENGTHEN
YOUR DEFENSE!***

**PROTECT YOURSELF,
YOUR PATIENTS,
AND YOUR FAMILY!**



EVERY SHOT COUNTS!

**GET YOUR FLU SHOT AND
WIN SENATORS TICKETS!**

Getting your flu shot enters you into a raffle for two tickets to see the Ottawa Senators vs. Winnipeg Jets!

 **Game Day:** Saturday, January 3, 2026

 **Time:** 7:00 PM

 **Location:** Canadian Tire Centre

 **Seats:** Section 109, Row J, Seats 1 & 2

 **Courtesy of**

 **co-operators**

Investments. Insurance. Advice.



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



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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

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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.

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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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