

Today's Take-Aways

COVID-19 – Regional Updates

- Things COVID-related remain fairly stable at this point in the region with little to no changes that need to be communicated. While hospitals are still experiencing staffing challenges, the number of daily staff absences are decreasing. Many are seeing, however, an increase in the number of patients with higher acuity levels which are causing additional challenges.
- It has been noted that the overall COVID situation has been improving, not only due to widespread vaccinations but also due to the availability of anti-viral medications for those who require them.



Occupational Health and Safety

- After reviewing some of the recent injury statistics for the organization, staff are being reminded of the importance of ensuring all equipment is repaired in a timely manner and always in proper working order.

Human Resources

- In order to be able to proceed with distribution of the province's Nursing Retention Funding to those staff who are eligible, we are still awaiting further documentation on the process for implementation. Despite the delay, it is anticipated that the deadlines for distribution will still be met, with the first payment scheduled to be issued in June. More details to come.

Lean

- Onsite visits by KPMG staff who are helping to refresh our Lean processes are currently scheduled to take place May 11th and 12th. During these visits, the team will observe status updates and huddles in addition to conducting various one-on-one and small group interviews.



Get ready to **#GetReal**

CMHA
Mental Health Week
May 2-8, 2022

Download tools and materials
at mentalhealthweek.ca today!

 



Safety and Health Week **MAY 1-7 2022**

Together
we can create
safe workplaces
and
communities

Together we can create safe workplaces #SafetyAndHealthWeek

Today's Take-Aways Continued

Staff Engagement Survey

• A huge THANK YOU to the 425 staff who have already completed the Staff Engagement Survey. This represents a 53% completion rate so far – let's keep it going – the more feedback the better!

To those who have not completed the survey, please take a few minutes to do so. The closing date is May 15th.

As Pembroke Regional Hospital looks towards recovery as an organization from the COVID-19 pandemic, we, more than ever, need to hear from all staff to help plan and set priorities to move forward.

The anonymous, short (less than 5 minutes) survey can be accessed through one of the options below:

1. Via the link <https://www.surveymonkey.com/r/YR6T9D8>
2. Visiting the PRH Intranet and clicking on the *Take the Survey* link.
3. Visiting *The Loop* Facebook page and clicking the link.
4. By completing the daily COVID Screener. A link to the survey will appear at the end of the screener after clicking "Submit".

Prizes will be awarded for the highest completion rate based on department groupings.

Project Updates

• Surgical Program Redevelopment – Recently, the province gave the green light to award the contract for this project which has been approximately a decade in the making.

The contract is currently being written and once signed, it will be approximately four to six weeks before the contractor arrives onsite to begin construction which is expected to take approximately two years.

The project which will modernize our inpatient surgical and day surgery facilities among other things is valued at approximately \$18 million.

Approximately 90% is being funded by the province while remaining 10% and equipment costs will be covered by the close to \$3 million that was raised through the Foundation's *Cutting Edge Campaign*. We are excited to see movement on this and will be providing regular updates on the phases once construction gets underway.

PRH Auxiliary Clothing Survey

• Just a reminder that the PRH Clothing Survey will close this Friday, May 6th. Thanks to the 231 staff who have already taken a few minutes to complete it. To those of you who haven't, your input would be greatly appreciated.

The PRH Auxiliary has agreed to consider taking on PRH clothing as a product line however, they would like to gauge the level of interest through this survey.

<https://www.surveymonkey.com/r/59J8J6F>

Tour De Bonnechere

• Congratulations to the team behind Tour de Bonnechere which recently was announced the winner in local tourism awards under the category of "*Special Event of the Year*" for 2021!

This local fundraising event supports initiatives driven by the Renfrew County Mental Health and Addiction Planning Table, the Eganville Food Bank as well as the vital work of other partner community agencies.

This year's event will be held on August 28th. Stay tuned for more details.

CONSTRUCTION CORNER

Tower A:

- Work on the 5th floor *Cancer Care Project* for Pharmacy is ongoing. Drywall was installed on the ceilings in both sterile rooms and the rooms are being prepped for paint. The heat exchanger is being assembled and connected to the roof top units.
- The 3rd floor *Surgical Day Care Project* received approval from the Ministry of Health and the contract was awarded to Hein Construction. The building permit was received from the City of Pembroke.
- The asbestos abatement was completed on the 4th floor LDRP Rotunda and Housekeeping Room. Work started in the A442 Nursery.
- Work is progressing in the Physician Lounge with the plumbing stack replaced in the wall and the piping for the sink installed. The terrazzo floor repairs were started and a new corridor entrance door installed.

Tower B:

- The fan parts were received and work started on repairing the air handler unit for Rehab.

Tower C:

- The renovation work for the Ground floor Geriatric Day Hospital continues. The ceiling grid and bulk heads were installed and most of the painting has been completed. The flooring was replaced in C017 and in another common area room. New LED light fixtures were installed with dimmers/occupancy sensors. The electrical receptacles and switches were wired along with the rest of the fire alarm system detectors.
- Planning resumed on renovations for the rest of the Ground floor. A structural engineer inspected the steel trusses in the 1st floor ceilings for support of the new air handle unit. The plans are being reviewed before going out to tender. The building permit was received from the City of Pembroke.

D'Youville Warehouse:

- A new fire alarm panel was installed with supervisory alarm capabilities. The new domestic water lines were insulated.

Where To Find Staff Discounts

Looking for some hotel and attraction discounts for your summer vacation plans?

Looking to see if we have any discounts for phone plans?

Need a cheaper rate for Park 'N Fly?

Looking for group insurance rates?

Want to learn more about the PRH Staff Association?

Looking for a discounted gym membership?

Visit **Staff Discounts** on the PRH website!

<https://www.pemreghos.org/staffdiscounts>



National Nursing Week May 9-15

Nursing Week is a time when we honour the incredible contributions of nurses.

This celebration takes place the same week as nursing pioneer Florence Nightingale's birthday on May 12th.

It seems fitting that the theme this year remains **#WeAnswerTheCall**; developed by the Canadian Nursing Association. This theme highlights the many roles that nurses play within our patients' healthcare journeys.

Throughout this pandemic, as nurses, you have shown your ability to play this very important role, showing courage and commitment to our community. Working alongside so many others to strengthen our patients' journeys, we thank all support staff, allied health professionals, physicians and volunteers. I always say, we are only as good as the team we have around us and at the Pembroke Regional Hospital we have a remarkable team!

Over the course of this week I encourage everyone to take some time to refuel and re-energize. Celebrate one another and the teams around you that make us all so much stronger. Take some time to enjoy the meditation session organized for May 10th or the treat day on May 12th but mostly, take a moment to for self reflection and to reflect on your contribution to our patients' healthcare journeys. Each and every one of you makes a difference. Thank you! Happy Nursing Week!

Beth Brownlee,

VP Patient and Support Services
Chief Nursing Executive



In Recognition of *Canada Health Day*
and Celebration of
National Nursing Week,
**Join us Thursday, May 12th For
Muffins And A Beverage
From 8-11 a.m. In The Lunch Box**

**Your choice of muffin from an assortment of flavours
(while supplies last) and a cup of coffee or a container of milk
(white or chocolate - while supplies last).**

**Assorted muffins will be delivered
to offsite locations for distribution
and will also be delivered to units
later in the day for
evening and night staff.**



Senior Leadership would like to invite
ALL PRH Staff to take a few moments to relax
and regroup in this FREE and invigorating new
experience!



Highlighting National Nursing Week

Join Jessica Lemieux
(MSW, therapist &
meditation guide) for a
releasing and restorative
self care practice on the
rehab patio! 1st Floor Tower B



Take a few
moments and
anchor yourself

PROMOTING SELF CARE AND WELLNESS

Tuesday May 10th at
1030-1100 and 1115-1145

Sign up through Facebook Event
page on the Loop or email
education@prh.email

Cultivation Therapy Services



Bring a yoga mat,
towel or blanket if
possible

Commemorate your coworkers by sending a message on how someone you work with inspires you to education@pemreghos.org or post [#IKnowANurse](https://twitter.com/IKnowANurse) to share stories of exceptional nurses, because everyone knows a nurse who has left a lasting impression! (CNA)

Date	Event	Time/Place
Monday May 9th	Decorate your unit, post pictures on the Loop!! Champlain Region Nurses Week Presentation "Contemporary Nursing Roles in Today's Health Care System"	11:30 am Zoom and in rm C142 
Tuesday May 10th	Join Jessica Lemieux (MSW, therapist & meditation guide) for a releasing & restorative meditation practice on the lawn! <i>Details on the Loop and email</i> ALL PRH STAFF INVITED	Rehab Patio 
Wednesday May 11th	Unit team shirts/color scrubs "Blessing of the Hands" Ceremony by Garry Engler Spiritual Care Coordinator	Education Team will come around and take pictures at 11am  Ceremony at 1400 in the chapel or by Zoom, link in the Education calendar 
Thursday May 12th	PRH will host a snack and drink in the cafeteria hosted by SLT for all PRH staff to commemorate nursing week	Cafeteria 
Friday May 13th	Education will post all the comments/stories posted by staff in a presentation. (See instructions above)	0800-1400 



CHEO

CHAMPLAIN REGION NURSES WEEK PRESENTATION

Contemporary Nursing Roles in a Today's Health Care System



Guest Speaker

CEO of RPNAO

Dianne Martin

MA, BScN, RPN, RN

Monday May 9, 22
11:30-1230

Live: **Zoom**

<https://us02web.zoom.us/j/88989581261?pwd=aDFPRHcwdU1yRFdQUE5XQy9DdVZ0Zz09>
Meeting ID: 889 8958 1261
Passcode: 040424

#WeAnswerTheCall

Join Zoom Meeting:

<https://us02web.zoom.us/j/88989581261?pwd=aDFPRHcwdU1yRFdQUE5XQy9DdVZ0Zz09>

Link can also be found on *The Loop* and in an email sent to everyone May 4th.



THANK YOU

Thank you so much to Tabitha Hamelin and her knitting and crochet group, Yarned Forces Petawawa for making a special delivery of hand-made lap blankets, hats and slippers for our patients.

The group of yarn enthusiasts (mostly knitters and crocheters) is comprised of military family and spouses located in the Petawawa area.



Congratulations
Week #1 Winner

Melanie Newburn
\$907!

Ticket# A-2674330
Card#4 - 5 of Clubs

Week #2 Estimated Jackpot
If the Ace of Spades is caught is over: **\$3,000**

www.PRHcatchtheace.ca

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French: 1-844-880-9143

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Foundation News

Pembroke Regional Hospital Foundation



Fondation de l'Hôpital Régional de Pembroke



Catch the Ace is BACK!



Pembroke Regional Hospital Foundation

Cancer Care Campaign

3	10	40
for	for	for
\$5	\$10	\$20

Purchase your tickets today at
Mural Cafe - Monday's & Tuesday's 9:30 - 2

OR

www.PRHcatchtheace.ca



+ BIG WEEKLY PRIZES

SPRING INTO WINNING!
Tickets available at
Foundation office!
CASH ONLY

PRHSPRINGLOTTO.CA

LL #RAF1237613

HEROES RUN FOR HEALTHCARE, SUPPORTING LOCAL CANCER CARE
Register, Fundraise and WIN!

www.heroesrunforhealthcare.ca

Canadian Nuclear Laboratories | Laboratoires Nucléaires Canadiens

Presents

HEROES RUN FOR HEALTHCARE

Coming to Beautiful Downtown Pembroke
May 14th, 2022

Registration NOW OPEN!
www.heroesrunforhealthcare.ca

Top Fundraising Prize

Sponsored by **G&B Renovations**

Raise the most pledges before
10am on May 14th and

WIN



\$1000 Cash

Fundraising Raffle Prize

Sponsored by **Dave & Marios**

Raise over \$100 in pledges and be entered to

WIN

Raise \$100 - \$249 - receive 10 ballots
Raise \$250 - \$499 - receive 50 ballots
Raise \$500 - \$749 - receive 200 ballots
Raise \$750 - \$999 - receive 350 ballots
Raise \$1000 + - receive 500 ballots



Apple watch SE



Apple 9th Gen iPad



Heroes Wanted! The Call Has Gone Out!

Engage Your Team In Some Friendly Competition!

PRH STAFF/PHYSICIAN CHALLENGE

Register for the:

5K Timed Run, the 5K Untimed Run/Walk or the 2K Superhero Run, or sign up as a volunteer and your department may win a prize!

Pizza parties will be awarded to:

1. The department/team with the highest percentage of *Heroes Run for Healthcare* participants.
2. The department/team with the highest dollar value of collected pledges.

Prizes will be awarded to:

1. The PRH team with the most spirit (energy, enthusiasm, costumes, etc.).
2. The individual with the most spirit (energy, enthusiasm, costume, etc.).
3. The team with the best name.

If you aren't a runner, or a walker...there are lots of volunteer opportunities.

To learn more, email:

sabine.mersmann@prh.email or beth.brownlee@prh.email

And if that isn't for you, come on out as a supporter and cheer on our participants!



1st annual
Heroes Run for Healthcare
May 14th, 2022
Downtown Pembroke

REGISTER TODAY!

5K Timed Run - 10am
\$30 / person
\$150 / group rate
(Groups contact 613-732-2811 ext. 7408)

Sponsored By
Canadian Nuclear Laboratories | Laboratoires Nucleaires Canada

2K Superhero Run - 9am
\$10 / child
*Guardian runs with child for free
*For kids 12 and under

Sponsored By
The KELLY Family

Fundraise to support the Cancer Care Campaign and WIN some amazing prizes!

To register visit:
www.heroesrunforhealthcare.ca

Pembroke Regional Hospital Foundation | Fondation de l'Hôpital Régional de Pembroke

To ensure you are counted in your staff/department grouping, please:

- Email carolyn.levesque@prh.email or sharon.allain@prh.email to let us know if you and/or your family have registered for one of the events or will be helping as a volunteer. Also indicate which department/grouping you are a part of.
- If you are registering in the Foundation office, please indicate the same information.
- If you have registered or are registering online please be sure to email one of the contacts listed above in order to be counted towards our friendly inter-department competition!

GRATITUDE

• Congratulations to Joey Allen who was celebrated by Lisa and the stroke team for recognizing the signs of stroke on a patient in CT and taking the appropriate action. Well done!!

• "I am retiring soon and I just wanted to acknowledge the many lovely people that work at PRH. Thank you for your kindness and friendship over the years. Everyone who works here is important and together you all make PRH a great place. I wish you all the best and thank you for caring for our community." *Wanda Edmonds, HR, Staffing/Payroll*



Thank You

Barry's Bay resident Merita Etmanskie recently delivered over 400 hand-knitted hats for our hospital's newborn babies through our Maternal Child Care program.

Over the past six years, Ms. Etmanskie has knitted 1,871 hats which have been distributed to organizations in need including PRH.

Ms. Etmanskie also has a special connection to Pembroke Regional Hospital having taught at the Lorrain School of Nursing until 1974.

Receiving the special delivery were nursing staff Corinne Clarke, Laurie Ryan, Patricia Savard and Patty Keon.



PRH Staff Association Treat Day

**Featuring. From Pembroke's New Loaf Artisan Bakery.
Sweet Monkeybread OR Focaccia (Italian flat bread).
Please Select Which Product You Would Like To Receive**

For Those Who Are Gluten Free. We Are Offering A Candle Or Soap Bar From Our Previous Give-A-Way Supply.

Distribution Details:

Wednesday, May 11, 10:30 a.m. - Noon
The Lunch Box, 2nd Floor, Tower A

EVERYONE (groups/individuals) MUST pre-order.
Please email pre-orders to carolyn.levesque@prh.email
by **Wednesday, May 4th.**

PLEASE NOTE:

1. Pre-orders must be picked up between 10:30 a.m. and Noon May 11th.
2. Groups are responsible for ensuring staff on their lists:
 - are active members of the Staff Association in their department
 - wish to receive this month's treat
 - receive their items after pickup



Nurse Appreciation Week

Enjoy 20% OFF

KaLaya Pain Management



DISCOUNT CODE: PEMBROKE20

THE BEST RELIEF YOU CAN GET
WITHOUT A PRESCRIPTION



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The discount code is effective

May 9-15th.

Employees of Pembroke Regional Hospital

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Hurry! This offer is only valid until June 17, 2022. If you are already insured with The Co-operators, we appreciate your business.

The Pembroke Regional Hospital's Sunshine Gift Shop is having a

MOTHER'S DAY SALE

SUNDAY, APRIL 24TH TO SATURDAY, MAY 7TH

20% off all Merchandise

With every purchase complete a ballot for a chance to receive a special gift for mom on Friday, May 6th

Gift Shop is OPEN Monday to Friday from 10 to 4 and Saturday and Sunday from 1 to 4

THANKS FOR YOUR CONTINUED SUPPORT