

December 2011



PAIRS Pulse

MONTHLY E-NEWSLETTER OF
PROFESSIONAL ASSOCIATION OF INTERNES & RESIDENTS OF SASKATCHEWAN

BYLAW REVIEW

Over the past few months, PAIRS has been working on updating our bylaws. A motion passed by the 2010-2011 Board of Directors instructed the organization to review the bylaws to reflect the growth of the organization.

Bylaws are to be voted upon at the AGM in the summer of 2012. PAIRS will provide details of the bylaws to the membership for review at that time. Any thoughts, comments and questions regarding bylaws can be directed to the PAIRS office at pairs.sk@usask.ca.

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PAIRS LAUNCHES NEW WEBSITE

After months of development, PAIRS is proud to launch our new website. The goal is to provide a wealth of valuable information to all of our members.

The website includes information and resources for all members, including:

- The current collective agreement
- Listing of all Board Members and Program Representatives complete with photos so you know who to talk to if you have concerns or questions
- Current assessment policies and links to commonly used employment forms
- Details of your health and dental plans, and forms for making claims and submitting changes
- Information on insurance, financing and taxes
- Current events and dates to watch

- Posts updating you on important events and issues can be found on the home page.

If you would like to receive these posts automatically, it's as easy as liking our new official PAIRS Facebook page. See our [Website Monthly Picks](#) column on the bottom of page 2 of this newsletter to click on the link!

Click here to check out our new website now!

www.saskresidents.ca

Welcome to the first edition of PAIRS' e-newsletter!

Each month, we will send our newsletter directly to your inbox.

It is our way of updating you with a variety of information without overloading you with emails.

this issue

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New Mattresses for Residents in Regina Dorms

Concerns were brought to PAIRS regarding the uncomfortable mattresses at the University of Regina resident dormitories. Residents were concerned with the poor quality of sleeping conditions the old mattresses were providing.

PAIRS advocated on your behalf with the university and the health region, and new residential style mattresses were installed in the dorm rooms.

Early reports are that they are a great improvement.

PAIRS is pleased to have instigated this improvement for its members.

We are currently addressing deficiencies in call rooms and have provided feedback to the Saskatoon Health Region on concerns with call rooms at St. Paul's Hospital and Royal University Hospital.

If you have concerns about call rooms you have not yet expressed to PAIRS, please feel free to contact us at pair.sk@usask.ca.

SPECIALIST JOB SCARCITY TO BE EXAMINED

The Royal College of Physicians and Surgeons of Canada will be conducting a study to determine why increasing numbers of Canadian trained Specialists are having trouble finding jobs in the country.

For more information, please check out this [link](#).

DID YOU KNOW?

As a PAIRS member, you are in turn a member of the Canadian Medical Association (CMA) and are entitled to group rate pricing on Good Life Fitness memberships!

Log on to the CMA's [website](#) to enroll online. Be sure to register a username and password on the CMA website first.



What are some strategies for reducing my debt?

We asked MD Financial Services how residents can reduce their debt load. Here is what they suggested...

It is important to consciously manage your debt load by carefully scheduling debt repayment into your monthly cash flow. Depending on how much you owe, you may be able to afford only interest payments, or you may be able to make a combine payment of interest plus some principal.

Reducing debt requires discipline and focus. Along with setting net worth goals, it is critical to set specific debt reduction goals, and to create a plan for achieving them (for example, paying off your loans within, say, seven years by increasing your payments each year as your salary increases.)

The debt elimination process begins by reviewing your monthly cash flow and separating luxuries from necessities.

What items can you trim or postpone? The savings you discover as you go through this process can be used to improve cash flow and pay down debt.

Here are some debt elimination tips to consider:

- ✓ Set a debt repayment goal and adjust your payments on loans and mortgages to match it.
- ✓ Reduce credit card and credit line limits.
- ✓ Pay off credit cards monthly and avoid high interest charges.
- ✓ Pay off debts with the highest interest rate first.
- ✓ Consolidate debts to reduce interest costs and ease cash flow.
- ✓ Increase your loan payments each time your salary increases.
- ✓ Set up a budget for discretionary expenses.

If you are interested in reading the whole article written by MD Financial Services, please [click here](#) to check out the new Financial Resources section on our website.

Stay tuned for updates on the student loan interest rebate plan for all current residents coming soon.

Dr. Brad Ardell Spirit Award Winner Announcement

PAIRS is proud to announce the winner of the 2011 Dr. Brad Ardell Spirit Award is **Dr. Roman Gusztak, PGY-4 Anesthesia.**

Each year residents have the opportunity to nominate an individual who they feel has exhibited true prairie spirit; someone who is hardworking,

dependable, selfless, warm and considerate. They exemplify compassion, empathy and care alike. They treat every day as a challenge and an opportunity for accomplishment and achievement, and are an innovative and creative thinker.

Dr. Gusztak was selected by the selection committee as the candidate who best exemplified these qualities.

He will receive his award at the Annual PAIRS New Year's Gala in January.

Congratulations, Dr. Gusztak!

This Month's Q & A

Q: What should I do if I've lost my stethoscope?

A: For any work related items that have been lost or stolen, your claim must be **reported within five (5) days**. Items shall be replaced or repaired up to a maximum of \$500.

In Saskatoon:

- Contact Beth Stark with the Saskatoon Health Region at 655-0190
- And contact your Program Director in writing

In Regina:

- Email Lauren Larson at lauren.larson@rqhealth.ca and Jason Vogelsang at jason.vogelsang@rqhealth.ca
- And contact your Program Director in writing



In Prince Albert:

- Contact Residency Training Coordinator at R. Ribeiro at rar99rgh@yahoo.ca
- And contact Pamela Burtney at pamela.burtney@usask.ca

In Swift Current:

- Contact Residency Training Coordinator, Tara Lee at tara.lee@usask.ca
- And contact Lisa Berg at l.berg@usask.ca

If you have any questions, call our office at 306.655.2134

EYE ON IT Upcoming Events

December 15
PAIRS Board Meeting

January 14
New Year's Gala

Join us as PAIRS hosts our annual New Year's Gala to celebrate our residents. You and a guest are invited to our banquet and dance free of charge!

Watch your inbox in December for your invitation!

WEBSITE Monthly Picks

Like us on Facebook!

If you would like to receive

automatic updates from our new website, just "like us" on Facebook!

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