

February 2011



PAIRS Pulse

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

FAMILY HOUSING

Family housing is available for many distributed site rotations. In order to ensure availability, we encourage Residents to contact the PGME office as soon as you know you will require family housing.

If you experience issues with lack of availability of appropriate housing, please contact PAIRS immediately to advocate on your behalf.

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PAIRS NEW YEAR'S GALA

PAIRS successfully hosted our New Year's Gala on Saturday, January 14th. This annual social event is an evening of fun, food and friends, giving Residents a well-earned opportunity to relax. This year we had over 130 people in attendance.

PAIRS provided a banquet meal, beverages and door prizes including gift cards to Starbucks, Midtown Mall, iTunes and Earl's Restaurant.

Our New Year's Gala also gave us the opportunity to honour one of our Residents, Dr. Roman Gusztak, with the Dr. Brad Ardell Spirit Award. This award celebrates excellence in team building, creativity and dependability and recognizes the recipient as someone who embodies hard work, compassion and empathy in clinical practice.

Residents and guests graciously gave donations to our charity of choice for this year, Station 20 West. Donations were collected at the event by means of a 50/50 draw with all proceeds going to the charity at a future date.



We would like to thank everyone who attended the gala and all those from the PAIRS Board of Directors who helped make this event a huge success! Special thanks to our photographer, Arjunn Sachdev.

Our 2013 New Year's Gala will be on Saturday, January 12th. Mark your calendars!

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CHARITABLE DONATIONS THROUGH PAWS

A new charitable donations channel on PAWS is available to all Residents.

You can take a look by logging in to PAWS, clicking on the "Admin Services" tab, and then choosing "Charitable Donations" on the "My employment" channel.

DID YOU KNOW?

CAIR recently launched the "Transition into Practice Service" (TiPS). This is a pilot program designed to help Residents find the right position anywhere in Canada.

As it is a pilot program, space is limited, so apply now!

Contact the TiPS Program Manager, Bryan MacLean, at TiPS@cair.ca



Made a resolution to be more physically active?

PAIRS' Wellness Committee has researched what's available to you...

Residents have access to the exercise facilities at Royal University Hospital, St. Paul's Hospital and Saskatoon City Hospital for \$70 per year. Registration forms are located outside the RUH facility in the basement of Ellis Hall. Residents must take the registration form and fee to the Cashier, who will issue a receipt. The receipt needs to be taken to the security desk for prox card access. Before using the facilities, you must set up an orientation with [Mimi Lodoen](#).

Residents in Saskatoon can also access the Physical Activity Complex (PAC) at the University of Saskatchewan. Residents must go to student central in the Administration

Building and pay the V-Fees (Voluntary Fees). This is approximately \$150 per term. Paying the V-Fees entitles you to a U-Pass (bus pass) and access to the following facilities at the U of S: the gym, jogging track, climbing wall, squash and racquetball courts and swimming pools in the PAC and Education Buildings.

In Regina, you are able to access the Regina General Hospital Fitness Facility and the Wascana Rehab Center Fitness Facility. The cost is \$12.50 per month. Residents must contact Tracey Murray at 306-766-3873 in the College of Medicine Office at RGH. You must do a 15 minute orientation before using the facilities.

In Swift Current, there is a free gym in the hospital and any permanent or visiting Residents, along with medical students can access the gym.

In Prince Albert, all permanent and visiting Residents have access to the gym at South Hill Physiotherapy and Fitness (2685 2nd Avenue West.) They request that you visit them to sign up prior to use.

For more information, check our [website!](#)

Resident Awareness Day 2012

National Resident Awareness Day is on Tuesday, February 21st, 2012.

Resident Awareness Day aims to bring national public awareness as to who Residents are, what you do and the importance of your role in Canada's health care system.

PAIRS will have members in RUH, RGH, PAPHR and Swift Current Hospitals interacting and educating the public about Residents.

We will be hosting a short program in the 5th Floor North Atrium of RUH at 2:00 pm. All Residents are invited to attend.

To celebrate Resident Awareness Day our national organization, CAIR, is giving away an iPad to one lucky Resident!

"Like" CAIR's [Facebook page](#) to enter by March 31, 2012.

This Month's Q & A

Q: We are expecting! What are my benefits?

A: There are different options for mothers and fathers.

Maternity Leave Benefit:

Female Residents must wait 2 weeks after delivery or adoption for EI benefits to begin (unless already started earlier due to sick leave taken prior to delivery.)

15 weeks maternal leave topped up to 90% of current salary (as negotiated in PAIRS contract)

35 weeks of parental leave at regular EI benefits (55% of salary to maximum \$44,200 annual salary, so max \$468 per week, with zero top up.) This time can be split with spouse as you wish.



Paternity Leave Benefit:

Male Residents receive 5 days of 100% pay taken within 30 days of birth or adoption (as negotiated in PAIRS contract)

Option to split 35 weeks of parental leave with the mother as in accordance with labour law (55% of salary in accordance to regular EI benefits)

If you have any questions, call our office at 306.655.2134

EYE ON IT Upcoming Events

February 7
PAIRS Board Meeting

February 20
STAT Holiday – Family Day

February 21
Resident Awareness Day

March 6
CARMS Match Day

March 9
Melanoma White Party

WEBSITE Monthly Picks



Looking for a house or apartment to rent?

From time to time we are contacted by people looking specifically to rent to residents.

Check out our [HOUSING](#) section on our website!