



1. PARA's Message to Graduating Resident Physicians
2. **PARA** - Know Your Contract: 1-Week Notice for Call Schedules
3. **PARA** Negotiation Update
4. Conference Opportunities for 2010/2011
5. Upcoming Events – PARAlyzer
6. **PARA's** 2010 Resident of the Month

1. Message to PARA's Graduating Resident Physicians

Provided they were submitted on time (before July 14), your final payroll and call stipend payments will go through August 10. If your banking information changes before this time, providing Telus Sourcing Solutions with your new information will speed up your payment.

PARA receives updated resident lists from Postgraduate Medical Education in July so you can expect that this will be the last eblast you receive from **PARA**. It's been a pleasure!

Congratulations and good luck in your career and future studies!

2. **PARA** - Know Your Contract: 1 Week Notice for Call Schedules

You can expect to receive a call schedule a week before the beginning of your rotation. The schedule can be updated after this time. Article 14.06 states:

All duty schedules shall be provided to **PARA** and the affected Residents on a monthly basis and available at least one (1) week prior to its effective date. Nothing in this sub clause precludes changes to the posted schedule due to unforeseen circumstances, but these changes shall be communicated to **PARA** by the end of that scheduled period.

Reminders:

- Continuing residents have until August 31 to submit their Health Spending Account (HSA) claims for January to June. Tip: Resident Physicians are able to reimburse their health insurance premiums through their HSA; your last paystub for June can act as your receipt for these premiums. The HSA claim form can be found at <http://www.para-ab.ca/residents/frequently-used-forms/general-residency-forms>.
- Deadlines for the submission of any outstanding call timesheets for last year (July 1, 2009 to June 30, 2010) are due Monday, July 5, 2010 (Edmonton) and Wednesday, July 14, 2010 Calgary.

For more contract tips, visit the **PARA** website at <http://www.para-ab.ca/agreement/know-your-contract>.

3. **PARA Negotiation Update**

PARA has begun negotiating with Alberta Health and Wellness (AHW), Alberta Health Services (AHS), and representatives from both Postgraduate Medical Education (PGME) offices. The teams have already met during two days in June. The **PARA** negotiation team is pleased to report that these first few meetings initiated successful dialogue between all the parties at the table. This dialogue has ensured that each group has a similar understanding of the history of the resident physicians' contract in Alberta and the mutually shared goals of the process.

Members of each team have agreed to the following goals for the negotiation process:

Goal 1: Maintain integrity and achieve a mutually agreed to settlement.

Goal 2: Create mutual benefit for the Universities, Alberta Health Services, Alberta Health and Wellness, and **PARA**.

Goal 3: Create benefit for Alberta's Patients and Alberta's/Canada's Citizens.

Goal 4: Improve on the administration of the resident physician contract.

From here, each of the stakeholders has committed to meeting over a number of days in July, such that we can hopefully arrive at a timely and mutually agreed upon resolution. Negotiation is a sensitive endeavor for any organization; although it is important report on how that process is progressing, the **PARA** team is mindful that part of what makes for a successful process is the prudent sharing of information. Thus, the **PARA** negotiation team is limited in our ability to share details of this process; however, rest assured that the **PARA** negotiation team has spent the past year preparing for our role in representing you. We hope to report on a successful settlement within the following few months. You will receive monthly updates on our progress in the **PARA** Eblast.

For past negotiation updates, visit the **PARA** website at <http://www.para-ab.ca/news/news-and-events/negotiations-update>.

4. **PARA Resident Appreciation Week Random Draw Winners**

For a complete list of all winners during Resident Appreciation Week, please see <http://www.para-ab.ca/residents>

5. **Conference Opportunities for 2010/2011**

- International Conference on Physician Health, October 3-5, 2010, Chicago.
 - Visit www.ama-assn.org/go/physicianhealth for more information.
 - Application deadline: Tuesday, August 31st 2010
- Canadian Conference on Medical Education, May 7-11, 2011, Toronto.
 - Visit www.mededconference.ca/home.php for more information.
 - Application deadline: Thursday, March 31st 2011

PARA will sponsor two interested **PARA** members, one from each university, to attend each of these conferences. Interested applicants must submit a one page summary to **PARA** indicating who they are, their leadership experience, and why they wish to attend.

Successful applicants will be responsible for their own registration and travel arrangements. PARA will reimburse selected attendees for their expenses.

6. Upcoming Events

▪ **PARAlyzer**

Date: Friday, July 9, 2010

Time: 2030 – 2400 Hrs

Location: Opus on 8th (628 – 8 Avenue SW)

RSVP to para-ab@shawbiz.ca by Friday Noon, July 9th to add your name (and those of your guests without hospital ID) to the guest list.
Hospital ID Required.

For more information on upcoming events, visit **PARA**'s events calendar online at <http://www.para-ab.ca/calendar.aspx>.

PARA is also trialing a new facebook page to allow residents to RSVP for PARA events. You can find our page at <http://www.facebook.com/group.php?gid=185755111347>
Feedback on the new site is welcome.

7. **PARA's 2010 June Resident of the Month**

Dr. Karmon Helmle, Internal Medicine PGY-3, University of Calgary

A fellow resident had this to say about Dr. Helmle:

"Dr. Helmle is a pleasure to work with at all times of the day and night. She is the kind of senior resident that staff and junior residents look forward to being on call with. Karmon makes teaching a priority, and goes above and beyond to ensure that the juniors she works with learn with every case. Karmon is also a favorite among patients, as she is unfailingly kind, patient, and friendly. While the general internal medicine program will be sad to see her move on, Calgary is lucky enough to keep her as an endocrine fellow next year."

For this month's Resident of the Month announcement, visit PARA online at <http://www.para-ab.ca/news/news-and-events/awards>

Regards from,

Your **P**rofessional **A**ssociation of **R**esidents of **A**lberta